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* Publications are cross-referenced by subject. Some entries appear under more than one heading. Subject headings are displayed at the top of each page.

Welcome:

If you have questions about publications in this catalog, contact the **DOH Warehouse: 360-586-9046**. To order printed publications follow the directions below. **Sorry, the Warehouse cannot accept orders over the phone.**

Some of the materials in this catalog are no longer printed or in stock, but are still available to download and print from the Internet. These items are highlighted in yellow in the catalog. You'll be able to click on a link for the web page for each item. You can then view and print copies of the material.

How to Order:

Save a copy of the [DOH Order Form](#) for future use. There is also a copy of the order form, and [an example](#) of how to fill it out, at the end of this catalog. **Place your order by regular mail or FAX.** The DOH Warehouse cannot accept phone orders.

Please list both the publication number and the title on the order form. If you order materials that are available in languages other than English, be sure to specify the language.

Feel free to order samples of any item that is new to you. If the item meets your needs, please order only the amount you can effectively use in six months.

Camera-Ready Materials on the Web:

If you need a copy of something immediately, many Department of Health educational materials are now available as PDF files on the [H.E.R.E. web site](#) (Health Education Resource Exchange). Go to http://www3.doh.wa.gov/here/materials/HERE_CRAListing.aspx for a subject listing. Eventually all DOH health educational materials will be available online. If you don't find the one you are looking for, let us know by e-mailing HERE@doh.wa.gov.

Free and At-Cost Materials:

Most educational materials from the DOH Warehouse are free of charge. A few DOH programs sell materials at cost. **Prices are noted in the catalog listings.**

Materials for the WIC Program are free only to WIC contractors. If you are not a WIC contractor, you may purchase WIC materials at cost. Please see the next page for ordering and payment information for WIC materials.

Send or FAX orders for free materials to:

Dept. of Health Warehouse
PO Box 47845
Olympia, WA 98504-7845
FAX: 360-664-2929

Send orders for purchased items with payment to:

Dept. of Health Revenue Section
PO Box 1099
Olympia, WA 98507-1099

Out of State Orders:

If you live outside the state of Washington, you may order up to five copies of any publication. If a price is listed for the material, please send payment to the Department of Health Revenue Section listed on the previous page.

WIC Contractors:

Individuals, agencies and programs contracting with the WIC Program may order WIC materials and "WIC-purchased materials" from the DOH Warehouse within the quantity limits noted for each item. This includes agencies that contract with the DOH Division of Community and Family Health. Please use the [DOH order form](#).

Other Individuals and Agencies That Are Not WIC Contractors:

- May order up to five copies of any WIC brochure at no cost.
- May buy additional copies of brochures or other WIC materials at cost.

To pay for WIC materials:

- Please use a [DOH order form](#).
- Enter the price listed in this catalog for that item.
- Total your order and add 15% for shipping.
- Write a check payable to **DOH Revenue Section**. Purchase Orders are NOT accepted.
- Send the order form and your check to:

**Department of Health
Revenue Section Box 1099
Olympia, WA 98507-1099**

Ordering "WIC-Purchased Materials":

WIC materials that do not have a DOH publication number are "WIC-purchased materials." These posters and brochures used by the Washington WIC Program are purchased from a variety of companies. **"WIC-purchased materials" cannot not be copied or reproduced without permission.** (WIC materials created by the Washington Department of Health may be reproduced without permission. We ask that reproductions in whole or part acknowledge the Washington State Department of Health.)

For individuals and agencies that are not WIC contractors:

- Up to five copies of any "WIC-purchased" brochure are free of charge from the DOH Warehouse. Additional copies must be ordered directly from the companies that print them. The address is on the back of the brochure.
- Posters, videos and other materials may be ordered directly from the companies that produce them. No free samples will be sent from the DOH Warehouse. Contact the DOH Warehouse for information on how to obtain these materials: 360-586-9046.

How to Search the Catalog:

To do a quick search for a publication number or a topic, choose "Edit" on your Microsoft Word menu, then "Find," and type what you are looking for in the box. Click the "Find Next" button, to go to the first instance of your requested item. If you are searching for a topic, continue clicking the "Find Next" button to see other entries.

Other sources of health education materials

You may want to look into these other excellent programs and their fine sources of health education materials:



www3.doh.wa.gov/here/

American Cancer Society - Western Pacific Division

1-800-ACS-2345

www.cancer.org

Cancer prevention, detection, diagnosis, treatment, including smoking cessation materials

American Heart Association

1-800-562-6718 or 206-632-6881

www.americanheart.org

Heart disease prevention, including dietary and exercise interventions

American Lung Association of Washington

1-800-732-9339

www.alaw.org

Smoking cessation, asthma, emphysema, indoor air quality

American Diabetes Association

1-800-628-8808

www.diabetes.org

Prevention of complications due to diabetes, diabetes screening

Cancer Information Service

1-800-4-CANCER

<http://cis.nci.nih.gov/>

Cancer prevention, detection, diagnosis and treatment

CDC National Prevention Information Network

1-800-458-5231

www.cdcnpin.org

Resources and information about education and prevention of HIV/ AIDS and STDs

Department of Social and Health Services

360-753-1528

<http://www1.dshs.wa.gov>

Child abuse prevention, parenting skills, foster care, child care, catalog of education materials

Healthy Mothers, Healthy Babies

1-800-322-2588

www.hmhbwa.org

Information and referral for pregnant women

H.E.R.E. in Washington, the Health Education Resource Exchange

<http://www3.doh.wa.gov/here/default.html>

The H.E.R.E. web site is an online clearinghouse of public health education and health promotion projects, materials and resources in the State of Washington.

Includes a "[Other Web Sites](#)" section with numerous helpful web

links to other health education and health promotion sites.

March of Dimes

1-800-291-DIME

www.modimes.org

Birth defects prevention information

National Cancer Institute

1-800-4-CANCER

www.5aday.gov

Order limited quantities of 5 A Day materials

National Health Information Center

1-800-336-4797

<http://www.healthfinder.gov/>

U.S. Dept of Health and Human Services resource line for health information

National Heart, Lung, and Blood Institute (NHLBI)

301-592-8573

www.nhlbi.nih.gov

High blood pressure, cholesterol, heart disease prevention

National Institutes of Health

<http://health.nih.gov/>

Health index, health information, and publications

National Maternal and Child Health Bureau

1-888-275-4772

www.mchb.hrsa.gov

Catalog of patient education materials

WA State Alcohol & Drug Clearinghouse

<http://clearinghouse.adhl.org/>

1-800-662-9111

Hundreds of free materials on tobacco, drug, alcohol, violence, and suicide prevention.

Adolescent Health

DOH #:
Pub 910-NA

A Moment's Decision - Pregnant Young Woman

This poster was designed by a high school student. It was submitted to a poster contest sponsored by the Teen Futures Media Network at the University of Washington. It was a winner in its category. Only available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=229

Languages: English

Revised: Type: **poster** # of Pages: Price: Limit:

DOH #:
Pub 341-EX

A Parent's Guide to Recognizing and Treating Depression in Your Child

Describes what to look for, what a parent can do if a child has the warning signs, treatment options, why depression is sometimes missed in children, how to help your older child help a depressed friend, what a parent can do if a child talks about suicide, and resources for further help. Due to financial limitations, no out-of-state orders can be filled for this material. Available online on the Youth Suicide Prevention web site, at: <http://www.yspp.org/publicAwareness/parents/ParentGuideToDepression.pdf>

Languages: English

Revised: **2003** Type: **booklet** # of Pages: **20** Price: **free** Limit: **150**

DOH #:
Pub 910-EX

Dating Game

This poster was designed by students of Toppenish High School. They were recipients of Teen Aware grant funding from the Office of the Superintendent of Public Instruction. It subsequently was submitted to a media contest sponsored by YEA! (Youth Empowered by Abstinence) where it was a winner in its category. Not available from the DOH warehouse. Only available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=230

Languages: English

Revised: **2000** Type: **poster** # of Pages: **1** Price: Limit:

DOH #:
Pub 345-151

Friends By The Hand – Orange Poster

Youth Suicide Prevention poster. Will not reprint once the supply is exhausted at the warehouse. Due to financial limitations, no out-of-state orders can be filled for this material.

Languages: English

Revised: **2000** Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

DOH #:
Pub 345-152

Friends By The Hand – Yellow/Blue Poster

Youth Suicide Prevention poster. Due to financial limitations, no out-of-state orders can be filled for this material.

Languages: English

Revised: **2000** Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

Adolescent Health

DOH #:
Pub 347-337Ex

Genital Warts (Seventeen Magazine)

Questions and answers about genital warts.

Languages: English

Revised: **1992**

Type: **reprint**

of Pages: **1**

Price: **free**

Limit: **none**

DOH #:
Pub 345-153

H.E.L.P. - Help Every Living Person

Yellow and blue poster - Youth Suicide Prevention Posters. Will not reprint or restock once the current supply is exhausted. Due to financial limitations, no out-of-state orders can be filled for this material.

Languages: English

Revised: **2004**

Type: **poster**

of Pages: **1**

Price: **free**

Limit: **25**

DOH #:
Pub 348-073

Immunize at All Ages - Insert

8.5" x 3" paycheck stuffer. Provides a graphical representation of the immunization schedule from birth to adulthood. Includes contact information for the Washington Dept. of Health's Immunization Program. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=292

Languages: English

Revised: **2000**

Type: **poster**

of Pages: **1**

Price: **free**

Limit: **none**

DOH #:
Pub 348-074

Immunize at All Ages - Large Poster

16 x 20 poster with facts on why immunizations are important no matter what your age. Provides contact information.

Languages: English

Revised: **2000**

Type: **insert**

of Pages: **1**

Price: **free**

Limit: **none**

DOH #:
Pub 348-076

Immunize at All Ages - Small Poster

11 x 14 poster with facts on why immunizations are important, no matter what your age. Provides contact information. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=291

Languages: English

Revised: **2002**

Type: **poster**

of Pages: **1**

Price: **free**

Limit: **none**

Adolescent Health

DOH #:
Pub 347-339Ex

Sex While Intoxicated - Seventeen Magazine

Reprint of an article intended for use by clinicians who treat or counsel teens at high risk for STD.

Languages: English

Revised: 1991

Type: **reprint**

of Pages: 1

Price: **free**

Limit: **none**

DOH #:
Pub 347-002

Sexually Transmitted Diseases

A comprehensive, easy to read STD booklet covering many sexually transmitted diseases.

Languages: English, Spanish

Revised: 2004

Type: **brochure**

of Pages: 29

Price: **free**

Limit: **none**

DOH #:
Pub 347-346 Ex

STD Update - Seventeen Magazine

Reprint of an article with questions and answers about STDs.

Languages: English

Revised: 1992

Type: **reprint**

of Pages: 1

Price: **free**

Limit: **none**

DOH #:
Pub 345-154

Suicide Prevention

Band-Aids over Mouth - Yellow Poster - Youth Suicide Prevention Poster. Due to financial limitations, no out-of-state orders can be filled for this material.

Languages: English

Revised: 2000

Type: **poster**

of Pages: 1

Price: **free**

Limit: **25**

DOH #:
Pub 347-341Ex

The Hazards of Early Sex - Seventeen Magazine

Reprint of an article on the avoidance of initiation of sex activity.

Languages: English

Revised: 1993

Type: **reprint**

of Pages: 1

Price: **free**

Limit: **none**

Adolescent Health

DOH #:
Pub 347-332Ex

Virginity - Seventeen Magazine

Reprint of an article with realistic information on refusal skills, letters from teens that reinforce abstinence.

Languages: English

Revised: 1994

Type: reprint

of Pages: 4

Price: free

Limit: none

DOH #:
Pub 341-003

Watch for Signs - Stop Youth Suicide

Available at the DOH warehouse. Due to financial limitations, no out-of-state orders can be filled for this material. Also available at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=294

Languages: English, Spanish

Revised: 2000

Type: brochure

of Pages: 4

Price: free

Limit: 200

DOH #:
Pub 345-195Ex

What Every Teacher Should Know about Preventing Youth Suicide

This brochure is an easy-to-understand guide for teachers and other school personnel to help prevent youth suicide. It provides information on warning signs, talking with families, and what the role of the teacher can be in this critical time of an adolescent's life. Due to financial limitations, no out-of-state orders can be filled for this material.

Languages: English

Revised: 2001

Type: brochure

of Pages: 2

Price: free

Limit: 200

DOH #:
Pub 345-158

What Games Do Your Children Play - Become a Video Smart Parent

This booklet educates parents about electronic games, the current rating systems being used, tips for parents, other resources/organizations, and web sites. Not available from the DOH warehouse. Available online only at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=348

Languages: English

Revised: 2000

Type: booklet

of Pages: 18

Price:

Limit:

DOH #:
Pub 910-117

what's up? - Information for Adults Who Care About Teens – Adolescent Nutrition

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=331. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

Adolescent Health

DOH #:
Pub 910-118

what's up? - Information for Adults Who Care About Teens – Adolescent Physical Activity

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=338. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose “General Store” and register. Choose “Shop by Agency” and “Department of Health,” and finally “MCH - Child and Adolescent Health.”

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-121

what's up? - Information for Adults Who Care About Teens - Depression and Suicide

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=341. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose “General Store” and register. Choose “Shop by Agency” and “Department of Health,” and finally “MCH - Child and Adolescent Health.”

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-120

what's up? - Information for Adults Who Care About Teens - Drug and Alcohol Use

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=340. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose “General Store” and register. Choose “Shop by Agency” and “Department of Health,” and finally “MCH - Child and Adolescent Health.”

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-116

what's up? - Information for Adults Who Care About Teens - Eating Disorders

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=337. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose “General Store” and register. Choose “Shop by Agency” and “Department of Health,” and finally “MCH - Child and Adolescent Health.”

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

Adolescent Health

DOH #:
Pub 910-126

what's up? - Information for Adults Who Care About Teens - Emotional Development

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=346. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-123

what's up? - Information for Adults Who Care About Teens - Intentional Injuries

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=342. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-124

what's up? - Information for Adults Who Care About Teens - Physical Growth and Development

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=344. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-113

what's up? - Information for Adults Who Care About Teens - Sexually Transmitted Infections

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=334. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

Adolescent Health

DOH #:
Pub 910-112

what's up? - Information for Adults Who Care About Teens - Sexual Orientation

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=333. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-131

what's up? - Information for Adults Who Care About Teens - Special Needs and Disabilities

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=354. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-125

what's up? - Information for Adults Who Care About Teens - Talking With & Listening to Teens

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=345. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-115

what's up? - Information for Adults Who Care About Teens – Teenage Sexual Behavior

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=336. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

Adolescent Health

DOH #:
Pub 910- 119

what's up? - Information for Adults Who Care About Teens – Teen Tobacco Use

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=339. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-114

what's up? - Information for Adults Who Care About Teens - Unintended Pregnancy

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=335. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-122

what's up? - Information for Adults Who Care About Teens - Unintentional Injuries

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=343. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 348-075

Why Are Immunizations Important - Brochure

Describes key facts for people of all ages on the importance of immunizations. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=234

Languages: English

Revised: 2001

Type: brochure

of Pages: 1, 2-sided

Price: free

Limit: none

Adolescent Health

DOH #:
Pub 341-002

Youth Suicide Prevention Plan for Washington State: Executive Summary

Summary of Youth Suicide Prevention Plan, published in January 1995. Identifies problem of youth suicide in Washington, prevention goals, and recommended program strategies. Not available through the warehouse. Call (360) 236-3675 for copies. Available online at:

http://www.yspp.org/aboutYSPP/reports/Wa_plan.pdf

Languages: English

Revised: **1995**

Type: **booklet**

of Pages: **9**

Price: **free**

Limit: **10**

Antibiotics

DOH #:
Pub 130-043

Antibiotic Resistance Education - Bronchitis Fact Sheet

Explains what bronchitis is and why it is not always treated with antibiotics. Lists common home remedies used to relieve symptoms. Also available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=300

Languages: English, Spanish

Revised: 2002

Type: **fact sheet**

of Pages: 1

Price: **free**

Limit: 150

DOH #:
Pub 130-029

Antibiotic Resistance Education - Do you really need an Antibiotic? - Brochure

This brochure helps health care providers talk with patients about the careful use of antibiotics to prevent "super germs," and the importance of always finishing their prescription. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=298

Languages: English

Revised: 2002

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 150

DOH #:
Pub 130-039

Antibiotic Resistance Education - Do you really need an Antibiotic? - Poster

This 11" x 19" poster encourages people to talk with their health care providers about the careful and appropriate use of antibiotics. English on one side and Spanish on the other. Also available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=299

Languages: English, Spanish

Revised: 2002

Type: **poster**

of Pages: 1

Price: **free**

Limit: 5

DOH #:
Pub 130-028

Antibiotic Resistance Education - Ear Infections Fact Sheet

Explains what causes ear infections and why they are not always treated with antibiotics. Lists common home remedies used to relieve symptoms. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=303

Languages: English, Spanish

Revised: 2002

Type: **fact sheet**

of Pages: 1

Price: **free**

Limit: 150

DOH #:
Pub 130-045

Antibiotic Resistance Education - Prescription Bag Stuffer

A reminder sheet for pharmacies to include with each antibiotic prescription. Explains why it is so important to finish the entire prescription and not to save or share antibiotics. Encourages patients to talk with their health care provider or pharmacist. Available only online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=305

Languages: English

Revised: 2002

Type: **bag stuffer**

of Pages: 1

Price:

Limit:

Antibiotics

DOH #:
Pub 130-040

Antibiotic Resistance Education – Rx for Your Symptoms - Prescription Pad

A tear off sheet for health care providers to give to patients with upper respiratory infections when an antibiotic is not appropriate. Includes space for the provider to recommend symptomatic therapies. The back side has a checklist of over-the-counter medications patients can take to relieve their symptoms. 50 sheets per pad. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=306

Languages: English

Revised: 2002

Type: pad

of Pages: 50

Price: free

Limit: 5 pads

DOH #:
Pub 130-038

Antibiotic Resistance Education - Runny Nose Fact Sheet

Explains what causes colds and nasal congestion and why cold viruses are not treated with antibiotics. Lists common home remedies used to relieve symptoms. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=304

Languages: English, Spanish

Revised: 2000

Type: fact sheet

of Pages: 1

Price: free

Limit: 150

DOH #:
Pub 130-042

Antibiotic Resistance Education - Sinus Infection Fact Sheet

Explains the causes a sinus infections and why they are not always treated with antibiotics. Lists common home remedies used to relieve symptoms. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=302

Languages: English, Spanish

Revised: 2002

Type: fact sheet

of Pages: 1

Price: free

Limit: 150

DOH #:
Pub 130-046

Antibiotic Resistance Education - Skin Infections Fact Sheet

8x11, 2-sided fact sheet. Describes the different kinds of ear infections, how they will usually clear up on their own, and that handwashing is the best way to prevent infections. Gives helpful suggestions on what to do if your child has an ear infection, and reasons to call a doctor. Has English on one side, Spanish on the other. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=355

Languages: English, Spanish

Revised: 2004

Type: fact sheet

of Pages: 2-sided

Price: free

Limit: 150

DOH #:
Pub 130-044

Antibiotic Resistance Education - Sore Throat Fact Sheet

Explains what causes a sore throat and why it is not treated with antibiotics. Lists common home remedies used to relieve symptoms. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=301

Languages: English, Spanish

Revised: 2002

Type: fact sheet

of Pages: 1

Price: free

Limit: 150

Antibiotics

DOH #:
Pub 130-041

Antibiotic Resistance Education - What Can I Do to Fight a Cold, Cough, or Sore Throat?

Part of the antibiotics resistance education campaign. Recommended home remedies and over the counter medications listed by symptom. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=297

Languages: English

Revised: **2002**

Type: **brochure**

of Pages: **1**

Price: **free**

Limit: **250**

Birth Control and Family Planning

DOH #: Pub 910-NA	A Moment's Decision - Pregnant Young Woman <p>This poster was designed by a high school student. It was submitted to a poster contest sponsored by the Teen Futures Media Network at the University of Washington. It was a winner in its category. Only available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=229</p> <p>Languages: English</p> <p>Revised: Type: poster # of Pages: Price: Limit:</p>
DOH #: Pub 930-101	Birth Control - Choosing the Method That's Right for You <p>Discusses all medically approved birth control methods including emergency contraception and four new methods.</p> <p>Languages: English, Spanish</p> <p>Revised: 2002 Type: brochure # of Pages: 18 Price: free Limit: 500</p>
DOH #: Pub 347-348Ex	Condoms (Essence Magazine) <p>Answers and questions on condom use. For patients diagnosed or at risk for being infected with an STD.</p> <p>Languages: English</p> <p>Revised: 1991 Type: reprint # of Pages: 1 Price: free Limit: none</p>
DOH #: Pub 930-PATH-1	Emergency Contraception - Wallet Card <p>Full color wallet card with questions and answers regarding emergency contraception. Provides a 1-888 number for a list of providers and a web address for more information. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=231</p> <p>Languages: Chinese, Russian, Spanish, Vietnamese</p> <p>Revised: 2000 Type: wallet card # of Pages: 1, 2-sided Price: free Limit: 200</p>
DOH #: Pub 930-105	Family Planning and Reproductive Health, Title X and Family Planning <p>A fact sheet for family planning clinics to distribute selectively to their clients. It is written in a Q and A format: What is Title X? What services does Title X provide? This fact sheet will not be reprinted once the current supply is out of stock.</p> <p>Languages: English</p> <p>Revised: 2002 Type: fact sheet # of Pages: 1, 2-sided Price: free Limit: 100</p>

Birth Control and Family Planning

DOH #:
Pub 930-107

Family Planning and Reproductive Health: Unintended Pregnancy

Family planning clinics will distribute to clients selectively. In a Q & A format. Discusses: What makes unintended pregnancy a problem? Isn't it just a teen problem? Plus more information. This will not be reprinted once supplies run out.

Languages: English

Revised: 2002

Type: fact sheet

of Pages: 1, 2-sided

Price: free

Limit: 100

DOH #:
Pub 930-106

Just Had Sex? Afraid of Pregnancy?

Tri-fold wallet card that explains what emergency contraception is, its use, mechanism, and side effects. For use by hospitals in Washington state only. Not for clinic use.

Languages: English

Revised: 2000

Type: card

of Pages: 1, 2-sided

Price: free

Limit: 100

DOH #:
Pub 930-PATH-2

Key Facts about Emergency Contraception

Attractive fact sheet on emergency contraception with concise answers. Includes the phone number to call for a pharmacy nearby that can distribute emergency contraception. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=232

Languages: English, Spanish

Revised: 1999

Type: fact sheet

of Pages: 1

Price: free

Limit: 200

DOH #:
Pub 347-332Ex

Virginity - Seventeen Magazine

Reprint of an article with realistic information on refusal skills, letters from teens that reinforce abstinence.

Languages: English

Revised: 1994

Type: reprint

of Pages: 4

Price: free

Limit: none

DOH #:
Pub 910-114

what's up? - Information for Adults Who Care About Teens - Unintended Pregnancy

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free.

There is a small charge for additional fact sheets. **They are available online at:**

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=335. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

Child Care Health and Safety

DOH #:
Pub 130-041

Antibiotic Resistance Education - What Can I Do to Fight a Cold, Cough, or Sore Throat?

Part of the antibiotics resistance education campaign. Recommended home remedies and over the counter medications listed by symptom. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=297.

Languages: English

Revised: **2002**

Type: **brochure**

of Pages: **1**

Price: **free**

Limit: **250**

DOH #:
Pub 130-012

Be a Germ Buster

Illustrates the proper way to wash one's hands. Plastic coated 8.5" x 11" poster. This is now printed with English on one side and Spanish on the other. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=217

Languages: English, Spanish

Revised: **1999**

Type: **poster**

of Pages: **1**

Price: **free**

Limit: **250**

DOH #:
Pub 300-003

Be Sun Smart

Describes issues related to ozone depletion and sun safety. It discusses use of sun screen and the effects of a thinner ozone. Not available at the DOH warehouse. Available only online. Available at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=225

Languages: English

Revised: **2000**

Type: **brochure**

of Pages: **4**

Price:

Limit:

DOH #:
Pub 970-106

Child Care and the Americans with Disabilities Act: Opportunities and Resources for Child Care Providers and Families

This booklet answers some basic questions about the ADA as it applies to child care homes and centers. It does not offer legal advice or discuss state regulations related to child care. It also provides resources. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=295

Languages: English

Revised: **2001**

Type: **booklet**

of Pages: **14**

Price: **free**

Limit: **100**

DOH #:
Pub 341-CRIB

Crib Safety Insert

Warns parents of the dangers with second hand baby products that may have been recalled. Encourages parents and care givers to check for recalled products in their home. Provides the Consumer Product Safety Commission's phone number and web site. Not available from the DOH warehouse. Only available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=261

Languages: English, Spanish

Revised: **2001**

Type: **handout**

of Pages: **1**

Price:

Limit:

Child Care Health and Safety

DOH #:
Pub 330-030

Dear Parent...What is Your Child's Lead Level?

For parents who are getting their children tested for lead exposure in a child's blood. Describes the four cutoff levels for the amount of lead in a child's blood. Describes the seriousness of each level and actions to take.

Languages: Cambodian, Chinese, English, Laotian, Spanish, Vietnamese

Revised: **2004** Type: **fact sheet** # of Pages: **2** Price: **free** Limit: **10**

DOH #:
Pub 347-004

Facts of Lice

This publication will be discontinued once supply is gone. Easy to read information on lice infestation - how it is transmitted and treated.

Languages: English

Revised: **1990** Type: **brochure** # of Pages: **2** Price: **free** Limit: **none**

DOH #:
Pub 130-033

Fight Lice!

Offers prevention and treatment alternatives, including non-chemical and commercial products. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=216

Languages: English

Revised: **2000** Type: **brochure** # of Pages: **2** Price: **free** Limit: **200**

DOH #:
Pub 333-005

Food Safety and Nutrition to Help Prevent Lead Poisoning in Children

Brochure for parents on nutritional ways to lower a child's risk of lead poisoning. Includes tips for reducing the risk of exposure to lead in the home. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=220

Languages: Cambodian, Chinese, English, Laotian, Russian, Spanish, Vietnamese

Revised: **2001** Type: **brochure** # of Pages: **4** Price: **free** Limit: **10**

DOH #:
Pub 345-026

Foods Not For Babies

Developed for use in child care centers to remind staff of health and safety practices. Easy to read, pictorial. Poster is 8.5" x 11". Part of the Day Care Poster series. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=215

Languages: English

Revised: **2000** Type: **poster** # of Pages: **1** Price: **free** Limit: **50**

Child Care Health and Safety

DOH #:
Pub 345-016

Foods Which May Cause Choking in Toddlers

Developed for use in child care facilities to remind staff of health and safety practices. Easy to read, pictorial. Poster is 8.5" x 11". Part of the Day Care Poster Series. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=214

Languages: English

Revised: 2000

Type: poster

of Pages: 1

Price: free

Limit: 50

DOH #:
Pub 304-008

Games That Teach - Learning by Doing for Preschoolers with PKU

This booklet is a tool for care providers of young children with phenylketonuria (PKU) to help teach them about their disorder. It offers different games to teach children about their special diet and what foods are "yes foods". Each game offers an appropriate age, objective, method, and illustration.

Languages: English

Revised: 1987

Type: booklet

of Pages: 12

Price: free

Limit: 2

DOH #:
Pub 348-043

Immunization Manual for Schools, Preschools and Clinical Facilities

A manual detailing the policies and procedures for schools, preschools and child care facilities in implementing the Washington State Immunization regulations. An essential guide for all public and private schools, child care centers and local health jurisdictions. Also available at:

<http://www.doh.wa.gov/cfh/immunize/schools.htm>. Scroll down the page to find the manual.

Languages: English

Revised: 2002

Type: manual

of Pages: 86

Price: free

Limit: 1

DOH #:
Pub 341-010

Is Your Child in Danger from a Recalled Product? - Fact Sheet

Shows illustrations of the type of child products recalled for safety reasons by the U.S. Consumer Product Safety Commission; provides information on type of injuries that can result from recalled products; includes national and Washington state statistics; explains how to check for recalled products. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=279

Languages: English, Spanish

Revised: 2002

Type: fact sheet

of Pages: 1

Price: free

Limit: 100

DOH #:
Pub 341-011

Is Your Child in Danger from a Recalled Product? - Poster

18" X 24" Shows illustrations of the type of child products recalled for safety reasons by the U.S. Consumer Product Safety Commission. Provides information on how to check for recalled products. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=317

Languages: English, Spanish

Revised: 2002

Type: poster

of Pages: 1

Price: free

Limit: 10

Child Care Health and Safety

DOH #:
Pub 910-NA

Is Your Child's Highchair Safe?

Warning for parents and care givers providers of the dangers with second hand baby products that may have been recalled. Encourages parents and care givers to check for recalled products in their home. Provides the Consumer Product Safety Commission's phone number and web site. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=350

Languages: English

Revised: Type: **flyer** # of Pages: 1 Price: Limit:

DOH #:
Pub 341-NA

Is Your Child's Playpen Safe?

Warning for parents and care givers providers of the dangers with second hand baby products that may have been recalled. Encourages parents and care givers to check for recalled products in their home. Provides the Consumer Product Safety Commission's phone number and web site. Only available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=351

Languages: English, Spanish

Revised: Type: **flyer** # of Pages: Price: Limit:

DOH #:
Pub 333-004

Lead and Your Kids - A Parent's Guide

A checklist to help parents discern the risk of lead poisoning in their children. Includes tips for reducing the risk of exposure to lead in the home. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=223

Languages: Cambodian, Chinese, English, Laotian, Spanish, Vietnamese

Revised: **2004** Type: **brochure** # of Pages: 4 Price: **free** Limit: **10**

DOH #:
Pub 210-014

Lead in Home Remedies

For parents who may use traditional home remedies when their children are sick. Describes the danger when the remedy contains lead. Names and describes various home remedies that are known to contain dangerous levels of lead. Includes information on seeking medical attention and having children tested for blood lead levels. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=226

Languages: English, Spanish

Revised: **2001** Type: **fact sheet** # of Pages: 1, 2-sided Price: **free** Limit: **10**

DOH #:
Pub 333-033

Medical Management of Children with Elevated Blood Lead Levels

Guidelines for health care providers in caring for children with elevated blood lead levels. State contact names and phone numbers for additional information on lead.

Languages: English

Revised: **2004** Type: **guidelines** # of Pages: 2 Price: **free** Limit: **10**

Child Care Health and Safety

DOH #:
Pub 331-214

Nitrates in Drinking Water

A position paper intended to increase local health officials' understanding of nitrate contaminants in water, and the health effects. Available in English online at:

<http://www.doh.wa.gov/ehp/dw/Programs/nitrate.htm>

Languages: English, Spanish

Revised: 1997

Type: **fact sheet**

of Pages: 1

Price: **free**

Limit: **50**

DOH #:
Pub 345-015

Not While Baby Sleeps

Instructs parents to give bottles while holding the baby upright, not while baby is lying down. Easy to read, pictorial. Poster is 8.5" x 11". Part of the Day Care Poster series. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=213

Languages: English

Revised: 2000

Type: **poster**

of Pages: 1

Price: **free**

Limit: **50**

DOH #:
Pub 345-014

Recommended Steps - Changing Diapers

Shows how to avoid contact with body fluids while changing a diaper. Developed for use in child care centers to remind staff of health and safety practices. Easy to read, pictorial. English on one side and Spanish on the other. Part of the Day Care poster series. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=212

Languages: English, Spanish

Revised: 2000

Type: **poster**

of Pages: 1

Price: **free**

Limit: **250**

DOH #:
Pub 347-012

Scabies

Information on scabies infestation in layman's terms - how it is transmitted and treated. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=255

Languages: English, Spanish

Revised: 1995

Type: **brochure**

of Pages: 1

Price: **free**

Limit: **none**

DOH #:
Pub 130-021

Sickness and Injuries at School

A colorful flip chart which provides quick, safe and effective methods to deal with illness and injuries at school. Top sheet provides space for emergency telephone numbers. For schools and day cares only. Note the ordering limits on the number of free copies. **It may be purchased in bundles of ten directly from the Washington Department of Printing website at: www.prt.wa.gov.** Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "Sickness & Injuries at School." Also available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=228

Languages: English

Revised: 2001

Type: **flip chart**

of Pages: 32

Price: **free**

Limit: **1 per school building**

Child Care Health and Safety

DOH #:
Pub 910-107

Simple Ways to Reduce the Risk of SIDS and Keep a Baby Healthy

For new parents, grandparents, child care providers and babysitters: Nine examples to reduce the risk of SIDS and keep baby healthy, including putting infant to sleep on its back. Brochure formatted for both English and Spanish in one printed format. Provides referral to the SIDS Foundation of Washington. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=318
Languages: English, Spanish

Revised: **2003** Type: **brochure** # of Pages: **1** Price: **free** Limit: **100**

DOH #:
Pub 348-041

Vaccine Information Statement - Hepatitis A

Offers information on the disease and vaccine. There is no limit for this publication in English, Spanish, Russian, and Vietnamese. The remaining language versions are only available as printer ready copies on the internet at: <http://www.immunize.org/vis/>
Languages: English, Russian, Spanish, Vietnamese

Revised: **1998** Type: **fact sheet** # of Pages: **1, 2-sided** Price: **free** Limit: **none**

DOH #:
Pub 961-184

Vegetables

Ideas for preparing vegetables. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English

Revised: **2001** Type: **flyer** # of Pages: **1** Price: **see above** Limit: **250**

DOH #:
Pub 347-007

Viral Hepatitis

Discusses transmission, risks and prevention of hepatitis A, B & C. Available to download online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=252

Languages: English, Spanish

Revised: **1998** Type: **brochure** # of Pages: **4** Price: **free** Limit: **n/a**

DOH #:
Pub 961-216

Watch and Help Me Grow (18 Months to 4 Years)

Describes the normal stages of child development from 18 months to 4 years. Contains general information on the reverse side. Designed to also be used as a small poster. Free to WIC/CFH contractors only. Others may purchase for \$0.08 each.

Languages: Cambodian, Chinese, Korean, English, Laotian, Russian, Somali, Spanish, Vietnamese

Revised: **2001** Type: **brochure** # of Pages: **1** Price: **see above** Limit: **100**

Child Care Health and Safety

DOH #:
Pub 962-Ex

Watch and Help Me Grow (Birth to 18 Months)

Describe the stages of infant development from birth to 18 months. Contains general information on the reverse side. Designed to be used as a poster. Free to WIC/CFH contractors only. Others may purchase for \$0.08 each.

Languages: Cambodian, Chinese, Korean, English, Laotian, Russian, Somali, Spanish, Vietnamese

Revised: **2001**

Type: **brochure**

of Pages: **1**

Price: **see above**

Limit: **100**

DOH #:
Pub 341-003

Watch for Signs: Stop Youth Suicide

Available at the DOH warehouse. Due to financial limitations, no out-of-state orders can be filled for this material. Also available at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=294.

Languages: English, Spanish

Revised: **2000**

Type: **brochure**

of Pages: **4**

Price: **free**

Limit: **200**

DOH #:
Pub 347-040

What Parents Need to Know About Hepatitis B

Discusses hepatitis B and the hepatitis B vaccine requirements for children born after September 1, 1991 in school, preschool and childcare. No longer available in paper form. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=293.

Languages: English

Revised: **1999**

Type: **brochure**

of Pages: **6**

Price:

Limit:

Children with Special Health Care Needs

DOH #:
Pub 304-009

A Babysitter's Guide to PKU

Explains the special diet needs of a child with phenylketonuria (PKU). Designed for care providers. Available online at: <http://depts.washington.edu/pku/pdfs/babysitter.pdf>.

Languages: English

Revised: 1987

Type: **booklet**

of Pages: 8

Price: **free**

Limit: 2

DOH #:
Pub 304-002

Alpha Thalassemia

Alpha thalassemia is common in people with ancestors from China, the Philippines, Thailand, Vietnam, Cambodia, Laos, and several other Asian countries. Explains hemoglobin and the alpha thalassemia genes. It provides information about: alpha thalassemia trait, hemoglobin H disease, alpha thalassemia major (Fetal Hydrops), and prenatal diagnosis. Available online at: <http://www.doh.wa.gov/ehsphi/phl/newborn/reports.htm>.

Languages: Cambodian, Chinese, English, Laotian, Spanish, Vietnamese

Revised: 1997

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 4

DOH #:
Pub 951-113

Aplastic Crisis

Defines Aplastic Crisis and discusses symptoms, susceptibility, treatment and follow-up. Available online at: <http://www.doh.wa.gov/ehsphi/phl/newborn/aplastic.htm>.

Languages: English

Revised: 1993

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 4

DOH #:
Pub 304-003

Beta Thalassemia

Beta thalassemia is found in people with Chinese, Italian, Greek and African ancestry. Explains hemoglobin and the beta thalassemia genes. Provides information about: beta thalassemia trait, beta thalassemia major, sickle-beta thalassemia, and prenatal diagnosis of beta thalassemia.

Languages: Chinese, English, Spanish

Revised: 1997

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 4

DOH #:
Pub 304-006

Chef Lophe's Phe-Nominal Cookbook

"Chef LoPhe" provides recipes for preparing 16 low-protein dishes. For school age children with Phenylketonuria (PKU). Useful for child care providers of children with PKU. Also available online at: <http://depts.washington.edu/pku/chef.html>.

Languages: English

Revised: 1988

Type: **booklet**

of Pages: 32

Price: **free**

Limit: 1

Children with Special Health Care Needs

DOH #:
Pub 951-106

Chest Syndrome

Defines what chest syndrome is with relation to sickle cell disease and discusses causes, symptoms, treatment and outcomes.

Languages: English

Revised: 1993

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 4

DOH #:
Pub 970-106

Child Care and the Americans with Disabilities Act

This booklet answers some basic questions about the ADA as it applies to child care homes and centers. It does not offer legal advice or discuss state regulations related to child care. It also provides resources. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=295.

Languages: English

Revised: 2001

Type: **booklet**

of Pages: 14

Price: **free**

Limit: 100

DOH #:
Pub 970-108

Children with Special Health Care Needs Program

This brochure is designed as an informational tool for distribution at meetings, conferences, etc. Size is 8 x 11". CSHCN Program brochure is available online at:

http://www.doh.wa.gov/cfh/mch/documents/CSHCN_Brochure3.pdf.

Languages: English

Revised: 2004

Type: **brochure**

of Pages: 1, 2-sided

Price: **free**

Limit: 25

DOH #:
Pub 910-111

Finding Your Way in Managed Care: A Guide for Washington Families of Children with Special Health Care Needs

Covers many vital topics that parents and caregivers of children with special health care needs may want to learn, to help them obtain and give the best possible care for their child and to navigate the managed care system. It is a useful resource for providers also. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=296.

Languages: English

Revised: 2001

Type: **booklet**

of Pages: 72

Price:

Limit:

DOH #:
Pub 304-008

Games That Teach - Learning by Doing for Preschoolers with PKU

This booklet is a tool for care providers of young children with phenylketonuria (PKU) to help teach them about their disorder. It offers different games to teach children about their special diet and what foods are "yes foods." Each game offers an appropriate age, objective, method, and illustration.

Languages: English

Revised: 1987

Type: **booklet**

of Pages: 12

Price: **free**

Limit: 2

Children with Special Health Care Needs

DOH #:
Pub 304-004

Hemoglobin C

Hemoglobin C is common in people of African ancestry, including West Indies and African Americans. Pamphlet explains hemoglobin and the hemoglobin C gene. Provides information about: hemoglobin C trait, hemoglobin C disease, sickle C disease, and prenatal diagnosis.

Languages: English, Spanish

Revised: **1997**

Type: **brochure**

of Pages: **2**

Price: **free**

Limit: **4**

DOH #:
Pub 951-110

Hemoglobin C Disease

For parents of a child with hemoglobin C disease. It provides information about the following: what is hemoglobin C disease, inheritance, and problems seen in children with this disease.

Languages: English

Revised: **1993**

Type: **brochure**

of Pages: **2**

Price: **free**

Limit: **4**

DOH #:
Pub 951-115

Hemoglobin D

Defines hemoglobin and discusses hemoglobin D and disorders associated with it.

Languages: English

Revised: **1999**

Type: **brochure**

of Pages: **2**

Price: **free**

Limit: **4**

DOH #:
Pub 304-005

Hemoglobin E

Hemoglobin E is common in people of Southeast Asian ancestry. This pamphlet explains hemoglobin and the hemoglobin E gene. Provides information about hemoglobin EE, hemoglobin E-beta thalassemia, and prenatal diagnosis.

Languages: Cambodian, English, Laotian, Vietnamese

Revised: **1997**

Type: **brochure**

of Pages: **2**

Price: **free**

Limit: **4**

DOH #:
Pub 951-104

Hemoglobin Sickle C Disease

Pamphlet is for parents of a child with sickle C disease. It provides information about the following: what is sickle C disease, inheritance, and problems seen in children with this disease.

Languages: English

Revised: **1993**

Type: **brochure**

of Pages: **1, 2-sided**

Price: **free**

Limit: **4**

Children with Special Health Care Needs

DOH #:
Pub 970-104

Library Resources for Families with Children with Special Health Care Needs in Washington State

A directory of resource books for families with children with special health care needs that are available through interlibrary loans in public libraries throughout the state. Will not be reprinted once the current supply is gone. Available on the internet at http://www.doh.wa.gov/cfh/mch/CSHCN_publications.htm.

Languages: English

Revised: 1999

Type: catalog

of Pages: 57

Price: free

Limit: none

DOH #:
Pub 304-110

New Parents' Guide to PKU

Discusses what PKU is, its treatment and PKU clinic.

Languages: English

Revised: 1997

Type: booklet

of Pages: 17

Price: free

Limit: 2

DOH #:
Pub 961-158

Nutrition Interventions for Children with Special Health Care Needs

A resource for registered dietitians and others who provide nutrition care for children with special health care needs. Addresses the complex needs related to growth, nutrition, and feeding, including sections on Determination of Nutrition Status, Problem-Based Nutrition Interventions, and Condition-Specific Nutrition Interventions. Free to WIC/CFH contractors only. Others may purchase for \$15.00 each. Also available for viewing and printing online at:

http://www.doh.wa.gov/cfh/mch/documents/nutrition_interventions.pdf.

Languages: English

Revised: 2002

Type: manual

of Pages: 372

Price: see above

Limit: none

DOH #:
Pub 951-114

PAIN in the Child with Sickle Cell Disease

Defines painful episodes and discusses causes, locations and treatment. Also available online at:

<http://www.doh.wa.gov/ehsphl/phl/newborn/Pain.htm>.

Languages: English

Revised: 1993

Type: brochure

of Pages: 2

Price: free

Limit: 4

DOH #:
Pub 970-111

Practical Tips: Involving Family Consultants in Program and Policy Development

This brochure is a hands-on organizational tool that agencies, non-profit organizations, and other groups can use to improve the quality of family involvement in their programs. Includes tips for developing and implementing agendas, recruiting, orienting, and mentoring family consultants, and expected outcomes of family involvement. Available online at:

http://www.doh.wa.gov/cfh/mch/documents/Practical_Tips_FAN3.pdf.

Languages: English

Revised: 2004

Type: brochure

of Pages: 4

Price: free

Limit: 15

Children with Special Health Care Needs

DOH #:
Pub 951-107

Sickle Beta Thalassemia

For parents of a child with sickle beta zero thalassemia. It provides information about what sickle beta zero thalassemia is, inheritance, problems seen in children, and what to expect. More information and publications are available on the Newborn Screening web site:

<http://www.doh.wa.gov/ehsphi/phl/newborn/reports.htm>.

Languages: English

Revised: 1993

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 4

DOH #:
Pub 951-109

Sickle Cell Anemia and Stroke

Defines what a stroke is and describes causes, symptoms, treatment and prevention. Available online at: <http://www.doh.wa.gov/ehsphi/phl/newborn/scstroke.htm>.

Languages: English

Revised: 1993

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 4

DOH #:
Pub 951-102

Sickle Cell Anemia: A Parent's Guide for the School Age Child

For parents of a child with sickle cell disease. It provides information about the disorder and special medical issues for the school age child with sickle cell disease including: anemia, infection, fever, painful episodes, enuresis and nocturia, yellow eyes, growth and adolescence, and school. More information and publications are available on the Newborn Screening web site:

<http://www.doh.wa.gov/ehsphi/phl/newborn/scpg.htm>.

Languages: English

Revised: 1993

Type: **booklet**

of Pages: 14

Price: **free**

Limit: 4

DOH #:
Pub 951-116

Sickle Hemoglobin

Defines hemoglobin and discusses sickle hemoglobin and disorders associated with it. More information and publications are available on the Newborn Screening web site:

<http://www.doh.wa.gov/ehsphi/phl/newborn/reports.htm>.

Languages: English, Spanish

Revised: 2000

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 4

DOH #:
Pub 951-112

Splenic Sequestration Crisis

Defines the spleen and its function and discusses splenic sequestration, its symptoms, susceptibility, varying occurrences and treatment. Also available online at:

<http://www.doh.wa.gov/ehsphi/phl/newborn/splcris.htm>.

Languages: English

Revised: 1993

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 4

Children with Special Health Care Needs

DOH #:
Pub 951-PKU

The Essentials Of PKU: For Young Adults with PKU and their Significant Others

An informational brochure for young adults with PKU and their significant others. Available online at: <http://depts.washington.edu/pku/essentials.html>.

Languages: English

Revised: 1993

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 4

DOH #:
Pub 951-103

The Infant and Young Child with Sickle Cell Anemia

For parents of a child with sickle cell disease. Provides information about the special medical issues for the infant and young child with sickle cell disease including the disorder and fever, the spleen, infection, penicillin and painful episodes. Available in English and Spanish. Available online at: <http://www.doh.wa.gov/ehsphl/phl/newborn/chwsick.htm>.

Languages: English, Spanish

Revised: 1993

Type: **brochure**

of Pages: 15

Price: **free**

Limit: 2

DOH #:
Pub 970-107

Watching Your Low Birth Weight Child Grow: Tips for Parents

A booklet for parents of children, ages birth to three years, who were born weighing five pounds or less. Creation of this booklet was coordinated by Mary Bridge Children's Hospital High Risk Infant Follow Up Program. People wanting a copy may request one by phoning 253-403-5525. It is **not** available from the DOH warehouse.

Languages: English

Revised: 2002

Type: **booklet**

of Pages: 20

Price: **free**

Limit: **as available**

DOH #:
Pub 910-131

what's up? - Information for Adults Who Care About Teens - Special Needs and Disabilities

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=354. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: **fact sheet**

of Pages: 1, 2-sided

Price: **see above**

Limit: **see above**

Children with Special Health Care Needs

DOH #:
Pub 970-110

Working Together for Successful Transition: Washington State Adolescent Transition Resource Notebook

This notebook is a resource on transition from adolescence to adulthood for young adults with special health care needs and disabilities. The target audience for this notebook include: families, students, school staff, community agency workers, health care providers, and other groups who work with youth in Washington State. The notebook fits in a 8" x 11", 3-ring binder, 2.5" thick. Not available from the DOH warehouse. Only available online at: <http://depts.washington.edu/healthtr/notebook/default.html>.

Languages: English

Revised: **2004**

Type: **manual**

of Pages: **200**

Price:

Limit:

Dental/Oral

DOH #:
Pub 961-171

Baby Teeth 2 - First Dental Visit with Sam Smile

A 10 minute video preparing parents for their child's dental visit. Free to WIC/CFH contractors, limit one per clinic. Others may purchase for \$35.00 each from Washington Association of Local WIC Agencies, 16901 76th Avenue West, Edmonds, WA 98026.

Languages: English

Revised: 1997

Type: video

of Pages: NA

Price: see above

Limit: 1

DOH #:
Pub 961-159

Baby Teeth: Love 'em or Lose 'em

An 18 minute humorous video on the importance of caring for baby teeth. Free to WIC/CFH contractors only. Others may purchase for \$10.00 each.

Languages: English, Spanish

Revised: 1997

Type: video

of Pages: NA

Price: see above

Limit: 1

DOH #:
Pub 961-151

Baby's First Cup

For parents teaching older infants to use a cup and prevention of Baby Bottle Tooth decay. Free to WIC/CFH contractors only. Others may purchase for \$0.04 each.

Languages: Cambodian, Chinese, English, Korean, Laotian, Russian, Spanish, Ukrainian, Vietnamese

Revised: 1994

Type: brochure

of Pages: 1

Price: see above

Limit: 250

DOH #:
Pub 961-160

Lift the Lip

A five minute video showing how caregivers can check young children for baby bottle tooth decay. Free to WIC/CFH contractors only. Others may purchase for \$7.00 each. Volume price break available.

Languages: English, Spanish

Revised:

Type: video

of Pages: NA

Price: see above

Limit: 1

Diabetes

DOH #:
Pub 345-CDC-4

Be Smart About Your Heart: Control the ABCs of Diabetes

This brochure emphasizes the management of diabetes. Provides a handy wallet card to track Hemoglobin A1C, blood pressure and cholesterol. Available to print from the internet at:

<http://ndep.nih.gov/control/controlabc.pdf>

Languages: English

Revised: 2001

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 50

DOH #:
Pub 345-CDC-
NIH-2

Control Your Diabetes For Life. Tips for Feeling Better and Staying Healthy

A brochure that includes basic information about managing diabetes. Includes a tear-away action plan.

Available online at: <http://ndep.nih.gov/materials/pubs/control-for-life/control.pdf>

Languages: English

Revised: 1998

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 50

DOH #:
Pub 345-004

Control your Diabetes For Life - Wallet Cards

A four-fold wallet card for people with diabetes to keep track of diabetes care such as labs, provider and educator visits. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=324

Languages: English, Spanish

Revised: 1998

Type: **card**

of Pages: 1

Price: **free**

Limit: 100

DOH #:
Pub 345-CDC-5

Diabetes and Women's Health Across the Life Stages

Gives a public health perspective which depicts diabetes and women's health across the life stages.

Languages: English

Revised: 2001

Type: **booklet**

of Pages: 198

Price: **free**

Limit: 1

DOH #:
Pub 961-146

Gestational Diabetes

Provides general dietary guidelines for women with gestational diabetes. Free to WIC/CFH contractors only. Others may purchase for \$0.15 each.

Languages: English

Revised: 1992

Type: **brochure**

of Pages: 4

Price: **see above**

Limit: 250

Diabetes

DOH #: Pub 345-CDC- NIH-1	Know Your Blood Sugar Numbers: The ABCs of Testing for Blood Sugar Control <p>A brochure which describes blood sugar testing for managing diabetes. Includes hemoglobin A1C and self monitoring. To order contact program directly at 360-236-3617, or download it from the national diabetes web site http://www.ndep.nih.gov/diabetes/pubs/catalog.htm. It is not available through the DOH warehouse.</p> <p>Languages: English, Spanish</p> <p>Revised: 1998 Type: brochure # of Pages: 2 Price: free Limit: 1 master</p>
DOH #: Pub 345-NDEP-2	Sepa cuánta azúcar tiene en la sangre: Hágase la prueba para controlar el azúcar sanguíneo <p>Novella brochure in Spanish that informs people with diabetes about blood sugar testing - hemoglobin A1C and self monitoring. To order it, contact the program directly at 360-236-3608, or download it from the national diabetes web site http://www.ndep.nih.gov/diabetes/pubs/catalog.htm.</p> <p>Languages: Spanish</p> <p>Revised: 1998 Type: brochure # of Pages: 6 Price: free Limit: 50</p>
DOH #: Pub 962-IDC	Taking Care of Gestational Diabetes <p>Provides information for achieving a healthy pregnancy with gestational diabetes. Free to WIC/CFH contractors only. Others may purchase directly from International Diabetes Center, 3800 Park Nicollet Blvd, Minneapolis, MN 55416-2699, 612-993-3393, http://www.idcpublishing.com</p> <p>Languages: English, Spanish</p> <p>Revised: 1998 Type: booklet # of Pages: 23 Price: Limit: 25</p>
DOH #: Pub 345-CDC-2	Taking Charge of Your Diabetes <p>Book for people with diabetes, which contains information about diabetes and its complications. Includes forms and checklists for individual planning. To order a copy, contact the Dept. of Health Diabetes Control Program, at 360-236-3617.</p> <p>Languages: English, Spanish</p> <p>Revised: 2002 Type: book # of Pages: 129 Price: free Limit: 1</p>
DOH #: Pub 345-NDEP-1	Tome su diabetes en serio, para que no se vuelva cosa seria. Recomendaciones para sentirse mejor y estar más saludable <p>Novella brochure in Spanish that includes basic information about managing diabetes. To order, contact the program directly at 360-236-3617, or download it from the national diabetes web site http://www.ndep.nih.gov/diabetes/pubs/catalog.htm.</p> <p>Languages: Spanish</p> <p>Revised: 1998 Type: brochure # of Pages: 6 Price: free Limit: 50</p>

Environmental Health

DOH #:
333-057

Arsenic in the Environment

8-page fact sheet that provides information about arsenic in the environment, how it can affect a person's health, and ways to reduce the likelihood of health problems by reducing personal exposure to environmental arsenic. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=375. Or you may order it directly from the Office of Environmental Health Assessments, by contacting Lorraine Edwards at 1-877-485-7316.

Languages: English

Revised: **2003**

Type: **fact sheet**

of Pages: **8**

Price: **free**

Limit: **none**

DOH #:
Pub 333-010 SP

Cuidado con los Pesticidas! Fotonovela - Spanish

Spanish language fotonovela regarding pesticide dangers for farm workers. There is an English translation available as well. Please order from the DOH Office of Environmental Health and Safety, at (360) 236-3360.

Languages: Spanish

Revised: **2000**

Type: **fotonovela**

of Pages: **10**

Price: **free**

Limit: **50**

DOH #:
Pub 333-030

Dear Parent...What is Your Child's Lead Level?

For parents who are getting their children tested for lead exposure in a child's blood. Describes the four cutoff levels for the amount of lead in a child's blood. Describes the seriousness of each level and actions to take.

Languages: Cambodian, Chinese, English, Laotian, Spanish, Vietnamese

Revised: **2004**

Type: **fact sheet**

of Pages: **2**

Price: **free**

Limit: **10**

DOH #:
Pub EPA 816-K-02-003

Drinking Water from Household Wells

An Environmental Protection Agency booklet. Written for well owners about ground water contamination and taking care of wells. Available online at:

<http://www.epa.gov/safewater/privatewells/booklet/>

Languages: English

Revised: **2002**

Type: **booklet**

of Pages: **19**

Price: **free**

Limit: **50**

DOH #:
Pub 347-004

Facts of Lice

This publication will be discontinued once supply is gone. Easy to read information on lice infestation - how it is transmitted and treated.

Languages: Spanish

Revised: **1990**

Type: **brochure**

of Pages: **2**

Price: **free**

Limit: **none**

Environmental Health

DOH #:
Pub 961-202

Fish Facts For Good Health

Encourages eating fish as part of a healthy diet, and warns about mercury levels in some fish, including tuna. Gives guidelines for choosing fish that is low in mercury. Free to WIC contractors only. Others may purchase for \$0.08 each. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=287.

Languages: Arabic, Cambodian, Chinese, English, Korean, Russian, Somali, Spanish, Vietnamese

Revised: 2002

Type: **brochure**

of Pages: 4

Price: **see above**

Limit: **none**

DOH #:
Pub 333-005

Food Safety and Nutrition to Help Prevent Lead Poisoning in Children

Brochure for parents on nutritional ways to lower a child's risk of lead poisoning. Includes tips for reducing the risk of exposure to lead in the home. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=220.

Languages: Cambodian, Chinese, English, Laotian, Russian, Spanish, Vietnamese

Revised: 2001

Type: **brochure**

of Pages: 4

Price: **free**

Limit: **10**

DOH #:
Pub 333-037

Health Alert - Wash Your Hands

This brochure outlines the risk of getting salmonella from pet reptiles. It emphasizes the need to wash your hands after handling reptiles and other methods of preventing the disease.

Languages: English

Revised: 1991

Type: **brochure**

of Pages: 1

Price: **free**

Limit: **50**

DOH #:
Pub 402-K-00-008

Home Buyer's and Seller's Guide to Radon

Facts about radon and home testing for anyone buying or selling a home. Also available from the EPA publications web site at: <http://www.epa.gov/epahome/publications.htm>.

Languages: English

Revised: 2000

Type: **booklet**

of Pages: 32

Price: **free**

Limit: **5**

DOH #:
Pub 348-029

Infectious Disease Control Guide for School Staff

A guide from the Office of Superintendent of Public Instruction for school/day care centers on the diagnosis and control of infectious diseases of children. Included are: common cold, lice, chicken pox and others. Useful for school nurses and secretaries, child care center directors/operators. Scroll down the Immunization web page for Schools/Childcares: <http://www.doh.wa.gov/cfh/immunize/schools.htm>.

Languages: English

Revised: 2004

Type: **manual**

of Pages: 182

Price: **free**

Limit: **3**

Environmental Health

DOH #:
Pub 333-004

Lead and Your Kids - A Parent's Guide

A checklist to help parents discern the risk of lead poisoning in their children. Includes tips for reducing the risk of exposure to lead in the home. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=223.

Languages: Cambodian, Chinese, English, Laotian, Spanish, Vietnamese

Revised: **2004**

Type: **brochure**

of Pages: **4**

Price: **free**

Limit: **10**

DOH #:
Pub 331-177

Lead in Drinking Water

A fact sheet that tells the sources of lead, the health effects of lead, lead standards, regulations, and what can be done about it. Available online at: <http://www.doh.wa.gov/ehp/dw/Programs/lead.htm>.

Languages: English

Revised: **2002**

Type: **fact sheet**

of Pages: **2**

Price: **free**

Limit: **50**

DOH #:
Pub 210-014

Lead in Home Remedies

For parents who may use traditional home remedies when their children are sick. Describes the danger when the remedy contains lead. Names and describes various home remedies that are known to contain dangerous levels of lead. Includes information on seeking medical attention and having children tested for blood lead levels. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=226.

Languages: English, Spanish

Revised: **2001**

Type: **fact sheet**

of Pages: **1, 2-sided**

Price: **free**

Limit: **10**

DOH #:
Pub 331-255

Lead in School Drinking Water

A fact sheet which discusses why lead is a concern for schools, how lead gets into drinking water, and what can be done about it. Available online at:

http://www.doh.wa.gov/ehp/dw/fact_sheets/lead_in_school_drinking_water.htm.

Languages: English

Revised: **2004**

Type: **fact sheet**

of Pages: **2**

Price: **free**

Limit: **50**

DOH #:
Pub 333-CDC-3

Lyme Disease

This brochure describes Lyme Disease, how it spreads, symptoms, treatment and prevention.

Languages: English

Revised: **1999**

Type: **brochure**

of Pages: **1**

Price: **free**

Limit: **50**

Environmental Health

DOH #:
Pub 333-033

Medical Management of Children with Elevated Blood Lead Levels

Guidelines for health care providers in caring for children with elevated blood lead levels. State contact names and phone numbers for additional information on lead.

Languages: English

Revised: 2004

Type: **guidelines**

of Pages: 2

Price: **free**

Limit: 10

DOH #:
Pub 333-048

Mosquito Problems Start At Home - Bookmark

Gives practical steps to reduce the breeding areas for mosquitoes around a home, in items such as flower pots, old tires, and leaky faucets and sprinklers. Available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=283.

Languages: English

Revised: 2001

Type: **bookmark**

of Pages: 1, 2-sided

Price: **free**

Limit: 50

DOH #:
Pub 333-049

Mosquito Problems Start at Home - Poster

Poster (11x 17) Gives practical steps to reduce the breeding areas for mosquitoes around a home, in items such as flower pots, old tires, and leaky faucets and sprinklers. Available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=281.

Languages: English

Revised: 2001

Type: **poster**

of Pages: 1

Price: **free**

Limit: 1

DOH #:
Pub 331-214

Nitrate in Drinking Water Fact Sheet

Information for the general public. Describes where nitrate comes from, health effects of nitrate, the regulations and preventive measures for nitrate. Available online at:
http://www.doh.wa.gov/ehp/dw/Publications/nitrate_english_spanish.htm.

Languages: English, Spanish

Revised: 2003

Type: **fact sheet**

of Pages: 1

Price: **free**

Limit: 50

DOH #:
Pub 331-130

Nitrates in Drinking Water

A position paper intended to increase local health officials' understanding of nitrate contaminants in water, and the health effects.

Languages: English, Spanish

Revised: 1997

Type: **fact sheet**

of Pages: 1

Price: **free**

Limit: 50

Environmental Health

DOH #:
Pub 334-067

Point Wells Oil Spill Fact Sheet Health Questions and Answers

This fact sheet answers some frequently asked health questions about the Point Wells Oil Spill. You can request a paper copy by calling the Office of Environmental Health Assessments, at 1-877-485-7316. Available online at:

http://www.doh.wa.gov/ehp/oehas/fact%20sheets%20pdf/point_wells_qa_040422final.pdf.

Languages: English

Revised: **2004**

Type: **fact sheet**

of Pages: **2**

Price: **free**

Limit: **100**

DOH #:
Pub 333-CDC-1

Prevent Hantavirus Pulmonary Syndrome

Describes what hantavirus is and how the virus is spread. Describes the symptoms and precautions to follow to minimize risk.

Languages: English

Revised: **1995**

Type: **brochure**

of Pages: **4**

Price: **free**

Limit: **50**

DOH #:
Pub 333-050

Prevent Mercury Spills

Gives tips on handling mercury spills, and ways to dispose of mercury waste responsibly. Available online at: <http://www.ecy.wa.gov/pubs/0203048.pdf>.

Languages: English

Revised: **2002**

Type: **brochure**

of Pages: **4**

Price: **free**

Limit: **50**

DOH #:
Pub 333-042

Prevent Tick Bites

A description of ticks, their diseases, control and treatment, and how to remove them is provided in this brochure.

Languages: English

Revised: **2001**

Type: **brochure**

of Pages: **2**

Price: **free**

Limit: **50**

DOH #:
Pub 333-056

Preventing Drug Labs on Rental Property:

8 x 11 inches, 2-sided, 2-color. Gives practical suggestions for landlords on how to prevent their rental property from being used as a drug lab. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=352.

Languages: English

Revised:

Type: **brochure**

of Pages: **1, 2-sided**

Price:

Limit:

Environmental Health

DOH #:
Pub 333-055

Preventing Drug Labs on Motel Property

8.5 x 11 inches, 2-sided, 2-color brochure which gives helpful tips on how to prevent the use of hotel rooms as a drug lab. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=353.

Languages: English

Revised: Type: **brochure** # of Pages: Price: Limit:

DOH #:
Pub 331-179

Public Health Advisory: Coliform

A 2-page question and answer fact sheet for use in informing water system customers of things they can do to protect their health when water may be contaminated with coliform bacteria.

Available online at: http://www.doh.wa.gov/ehp/dw/fact_sheets/331-179_9-19-02_Health_Advisory-Coli_QA_with_graphics.pdf.

Languages: English

Revised: **2002** Type: **fact sheet** # of Pages: **1** Price: **free** Limit: **none**

DOH #:
Pub 331-167

Questions and Answers: Arsenic in Drinking Water

Information for the general public about arsenic: the sources, health effects, federal drinking water standard, where arsenic occurs in Washington state, and how it gets into drinking water. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=376.

Languages: English

Revised: **2002** Type: **fact sheet** # of Pages: **1, 2-sided** Price: **free** Limit: **250**

DOH #:
Pub 320-004

Radon and Your Health

A guide for Washington residents on radon issues. Helps the reader decide whether to have their home tested for radon. Defines radon, where it comes from, its effect on health, which counties have higher levels and how to test for radon.

Languages: English

Revised: **1994** Type: **booklet** # of Pages: **8** Price: **free** Limit: **10**

DOH #:
Pub 333-019

Rats: Let's Get Rid of Them

Addresses how rats and mice get into homes, how to inspect for them, and how to keep them out.

Languages: English

Revised: **2000** Type: **brochure** # of Pages: **4** Price: **free** Limit: **50**

Environmental Health

DOH #:
Pub 332-008

Red Tide Marine Biotoxin Hotline

Describes paralytic shellfish poison risks. Gives hotline number. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=369.

Languages: English

Revised: **2000** Type: **brochure** # of Pages: **1, 2-sided** Price: **free** Limit: **250**

DOH #:
Pub 334-065

Reptile Rules Employees Poster

A poster to educate pet store employees on safe reptile handling steps to reduce exposure to Salmonella. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=285.

Languages: English

Revised: **2002** Type: **poster** # of Pages: **1** Price: **free** Limit: **50**

DOH #:
Pub 334-064

Reptile Rules Public Poster

A poster intended to educate the public, particularly reptile owners, on safe handling steps to reduce a chance of infection from reptile-associated Salmonella. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=284.

Languages: English

Revised: **2002** Type: **poster** # of Pages: **1** Price: **free** Limit: **50**

DOH #:
Pub 334-066

Reptile Rules Rack Card

A rack card or counter card intended to educate the public, particularly reptile owners, on safe handling steps to reduce their chance of infection from reptile-associated Salmonella. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=286.

Languages: English

Revised: **2002** Type: **card** # of Pages: **1, 2-sided** Price: **free** Limit: **50**

DOH #:
Pub 333-018

Rodent Control: Taking Steps to Prevent Hantavirus

This brochure provides a description of Hantavirus, exposure, and prevention. Includes step-by-step instruction on cleaning areas infested with deer mice.

Languages: English

Revised: **2000** Type: **brochure** # of Pages: **4** Price: **free** Limit: **50**

Environmental Health

DOH #:
Pub 331-004

Safe Drinking Water

Booklet describes water issues, including federal and state laws, water sources and source development, water quality, standards and testing, microbiological and chemical characteristics, and water system operation and treatment. Designed to educate consumers about public drinking water. Available online at: http://www.doh.wa.gov/ehp/dw/Publications/doh_safe_drinking_final_2_12_04.pdf.
Languages: English

Revised: **2004** Type: **booklet** # of Pages: **36** Price: **free** Limit: **50**

DOH #:
Pub 320-011

Special Report: Radon in Washington

In depth discussion of radon. Includes sources of radon, health effects, geographic distribution and technical bibliography.

Languages: English

Revised: **1994** Type: **report** # of Pages: **102** Price: **free** Limit: **10**

DOH #:
Pub 331-261

Testing for Lead in School Drinking Water Systems

Brochure explains how to collect a drinking water sample to test for lead in school and non-residential building water distribution systems. Available online at:
http://www.doh.wa.gov/ehp/dw/Publications/331-261_testing_for_lead_in_school_drinking_water_systems.htm.
Languages: English

Revised: **2004** Type: **brochure** # of Pages: **2** Price: **free** Limit: **50**

DOH #:
Pub 331-115

Treatment of Drinking Water for Emergency Use

Information on treating and storing water during emergencies. Available online at:
http://www.doh.wa.gov/ehp/dw/Publications/DOH_Emer_Water_102802.pdf.

Languages: English

Revised: **2001** Type: **brochure** # of Pages: **1** Price: **free** Limit: **50**

DOH #:
Pub 331-206

Types of Coliform Violations for Group A Public Water Systems

Describes what coliform is, general coliform testing, and the various types of standard violations that result from detection of coliform bacteria in drinking water samples. Available online at:
http://www.doh.wa.gov/ehp/dw/Publications/331-206_2-18-03_Types_of_Coliform_Violations_for_Group_A.pdf.
Languages: English

Revised: **2003** Type: **brochure** # of Pages: **4** Price: **free** Limit: **50**

Environmental Health

DOH #:
Pub 334-013

Understanding and Caring for Your Mound System

Provides the homeowner an explanation of a mound system and information on maintaining it. Only available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=356.

Languages: English

Revised: **1993**

Type: **brochure**

of Pages: **2**

Price:

Limit: **NA**

DOH #:
Pub 334-012

Understanding and Caring for Your Pressure Distribution System

Provides the homeowner an explanation of a pressure distribution system and information on maintaining it. Only available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=357.

Languages: English

Revised: **1991**

Type: **brochure**

of Pages: **2**

Price:

Limit: **NA**

DOH #:
Pub 334-009

Understanding and Caring for your Septic Tank System

Provides the homeowner an explanation of a conventional septic tank system and information on maintaining it. Call (360) 236-3062 for price and order form. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=358.

Languages: English

Revised: **1996**

Type: **brochure**

of Pages: **2**

Price: **call**

Limit: **50**

DOH #:
Pub 331-120

Water Saving Guidelines #1-8

Guidelines 1-8 on various water saving techniques: Indoor Water Conservation, Outdoor Water Conservation, Lawn Watering Guide, Indoor Water Audit, Meter Reading & Leak Repair, Soil Preparation & Planning, Irrigation & Landscaping, Salmon Recovery. Available online at: http://www.doh.wa.gov/ehp/dw/Publications/water_saving_guidelines.htm.

Languages: English

Revised: **2000**

Type: **brochure**

of Pages: **9**

Price: **free**

Limit: **50**

DOH #:
Pub 331-262

Water Sampling: What We Test for and Why

Booklet covers contaminants that are regulated in Washington state, and tips on what to do if your test indicates a water quality problem. Available online at: http://www.doh.wa.gov/ehp/dw/Publications/water_sampling.htm.

Languages: English

Revised: **2004**

Type: **booklet**

of Pages: **43**

Price: **free**

Limit: **50**

Environmental Health

DOH #:
Pub 333-052

West Nile Virus: Do You Know What's Biting You? - Brochure

Answers common questions about West Nile virus. Provides important tips on mosquito bite prevention and habitat reduction to protect against mosquito-borne disease. Available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=316.

Languages: English, Spanish

Revised: 2003

Type: **brochure**

of Pages: 1

Price: **free**

Limit: **50**

DOH #:
Pub 333-053

West Nile Virus: Do You Know What's Biting You? – Insert Card

Important tips on mosquito bite prevention and habitat reduction to protect against West Nile virus. The statement stuffers are intended to be used as inserts with billing statements, such as utility statements. A printer ready copy is available on the HERE web site at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=315.

Languages: English, Spanish

Revised: 2003

Type: **envelope
stuffer**

of Pages: 1

Price: **free**

Limit: **50**

DOH #:
Pub 333-054

West Nile Virus: Mosquito Repellent How to Use it Safely

Insert card on the pesticide DEET to prevent mosquito bites. Available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=321.

Languages: English

Revised: 2003

Type: **card**

of Pages: 1, 2-sided

Price: **free**

Limit:

Genetics

DOH #:
Pub 304-002

Alpha Thalassemia

Alpha thalassemia is common in people with ancestors from China, the Philippines, Thailand, Vietnam, Cambodia, Laos, and several other Asian countries. Explains hemoglobin and the alpha thalassemia genes. It provides information about: alpha thalassemia trait, hemoglobin H disease, alpha thalassemia major (Fetal Hydrops), and prenatal diagnosis. More information and publications are available on the Newborn Screening web site: <http://www.doh.wa.gov/ehsphi/phl/newborn/reports.htm>.

Languages: Cambodian, Chinese, English, Laotian, Spanish, Vietnamese

Revised: 1997 Type: **brochure** # of Pages: 2 Price: **free** Limit: 4

DOH #:
Pub 951-113

Aplastic Crisis

Defines Aplastic Crisis and discusses symptoms, susceptibility, treatment and follow-up. Available online <http://www.doh.wa.gov/ehsphi/phl/newborn/aplastic.htm>.

Languages: English

Revised: 1993 Type: **brochure** # of Pages: 2 Price: **free** Limit: 4

DOH #:
Pub 304-003

Beta Thalassemia

Beta thalassemia is found in people with Chinese, Italian, Greek and African ancestry. Explains hemoglobin and the beta thalassemia genes. Provides information about: beta thalassemia trait, beta thalassemia major, sickle-beta thalassemia, and prenatal diagnosis of beta thalassemia.

Languages: Chinese, English, Spanish

Revised: 1997 Type: **brochure** # of Pages: 2 Price: **free** Limit: 4

DOH #:
Pub 304-006

Chef Lophe's Phe-Nominal Cookbook

"Chef LoPhe" provides recipes for preparing 16 low-protein dishes. For school age children with Phenylketonuria (PKU). Useful for child care providers of children with PKU. Also available online at: <http://depts.washington.edu/pku/chef.html>

Languages: English

Revised: 1988 Type: **booklet** # of Pages: 32 Price: **free** Limit: 1

DOH #:
PacNorgg

Could it Be Genetic?

Explains what to expect from a genetic consultation to help families answer questions about birth defects or other problems in their child, other family members, or self. Only available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=359.

Languages: English, Spanish

Revised: 2002 Type: **flyer** # of Pages: Price: Limit:

Genetics

DOH #:
Pub 951-106

Chest Syndrome

Defines what chest syndrome is with relation to sickle cell disease and discusses causes, symptoms, treatment and outcomes.

Languages: English

Revised: **1993**

Type: **brochure**

of Pages: **2**

Price: **free**

Limit: **4**

DOH #: **951-UWPKU-1**

Finger Foods are Fun!

Recipes for people with PKU.

Languages: English

Revised: **1997**

Type: **booklet**

of Pages: **8**

Price: **free**

Limit: **2**

DOH #:
Pub 304-008

Games That Teach - Learning by Doing for Preschoolers with PKU

This booklet is a tool for care providers of young children with phenylketonuria (PKU) to help teach them about their disorder. It offers different games to teach children about their special diet and what foods are "yes foods". Each game offers an appropriate age, objective, method, and illustration.

Languages: English

Revised: **1987**

Type: **booklet**

of Pages: **12**

Price: **free**

Limit: **2**

DOH #:
Pub 304-004

Hemoglobin C

Hemoglobin C is common in people of African ancestry including West Indies and African Americans. Pamphlet explains hemoglobin and the hemoglobin C gene. Provides information about: hemoglobin C trait, hemoglobin C disease, sickle C disease, and prenatal diagnosis.

Languages: English, Spanish

Revised: **1997**

Type: **brochure**

of Pages: **2**

Price: **free**

Limit: **4**

DOH #:
Pub 951-110

Hemoglobin C Disease

For parents of a child with hemoglobin C disease. It provides information about the following: what is hemoglobin C disease, inheritance, and problems seen in children with this disease.

Languages: English

Revised: **1993**

Type: **brochure**

of Pages: **2**

Price: **free**

Limit: **4**

Genetics

DOH #:
Pub 951-115

Hemoglobin D

Defines hemoglobin and discusses hemoglobin D and disorders associated with it.

Languages: English

Revised: 1999

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 4

DOH #:
Pub 304-005

Hemoglobin E

Hemoglobin E is common in people of Southeast Asian ancestry. This pamphlet explains hemoglobin and the hemoglobin E gene. Provides information about hemoglobin EE, hemoglobin E-beta thalassemia, and prenatal diagnosis.

Languages: Cambodian, English, Laotian, Vietnamese

Revised: 1997

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 4

DOH #:
Pub 951-104

Hemoglobin Sickle C Disease

Pamphlet is for parents of a child with sickle C disease. It provides information about the following: what is sickle C disease, inheritance, and problems seen in children with this disease.

Languages: English

Revised: 1993

Type: **brochure**

of Pages: 1, 2-sided

Price: **free**

Limit: 4

DOH #:
Pub 304-110

New Parents' Guide to PKU

Discusses what PKU is, its treatment and PKU clinic.

Languages: English

Revised: 1997

Type: **booklet**

of Pages: 17

Price: **free**

Limit: 2

DOH #:
Pub 951-114

PAIN in the Child with Sickle Cell Disease

Defines painful episodes and discusses causes, locations and treatment. More information and publications are available on the Newborn Screening web site:

<http://www.doh.wa.gov/ehsphi/phl/newborn/Pain.htm>.

Languages: English

Revised: 1993

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 4

Genetics

DOH #:
Pub 951-105

Pneumococcal Infection and Penicillin

Defines pneumococcal infection and discusses susceptibility, symptoms and treatment with penicillin. Also available online at: <http://www.doh.wa.gov/ehsphi/phl/newborn/pneumo.htm>.

Languages: English

Revised: 1993 Type: brochure # of Pages: 2 Price: free Limit: 4

DOH #:
Pub 951-111

Priapism

Defines priapisms and discusses occurrences, causes and prevention. Also available online at: <http://www.doh.wa.gov/ehsphi/phl/newborn/priapism.htm>.

Languages: English

Revised: 1993 Type: brochure # of Pages: 2 Price: free Limit: 4

DOH #:
PacNorgg

Sex Chromosome Problems Discovered Through Prenatal Diagnosis: 47,XXX Syndrome

The purpose of this booklet is to provide families with information about prenatal testing results that indicate a change in the sex chromosomes. Available only online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=360.

Languages: English, Spanish

Revised: 2002 Type: booklet # of Pages: Price: Limit:

DOH #:
PacNorgg

Sex Chromosome Problems Discovered Through Prenatal Diagnosis: 47,YYY Syndrome

The purpose of this booklet is to provide families with information about prenatal testing results that indicate a change in the sex chromosomes. Available only online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=362.

Languages: English, Spanish

Revised: 2002 Type: booklet # of Pages: Price: Limit:

DOH #:
PacNorgg

Sex Chromosome Problems Discovered Through Prenatal Diagnosis: Klinefelter Syndrome (47,XXY)

The purpose of this booklet is to provide families with information about prenatal testing results that indicate a change in the sex chromosomes. Available only online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=361.

Languages: English, Spanish

Revised: 2002 Type: booklet # of Pages: Price: Limit:

Genetics

DOH #:
PacNorgg

Sex Chromosome Problems Discovered Through Prenatal Diagnosis: Turner Syndrome (45,X)

The purpose of this booklet is to provide families with information about prenatal testing results that indicate a change in the sex chromosomes. Available only online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=363.

Languages: English, Spanish

Revised: **2002**

Type: **booklet**

of Pages:

Price:

Limit:

DOH #:
Pub 951-107

Sickle Beta Thalassemia

For parents of a child with sickle beta zero thalassemia. It provides information about what sickle beta zero thalassemia is, inheritance, problems seen in children, and what to expect. More information and publications are available on the Newborn Screening web site:

<http://www.doh.wa.gov/ehsphl/phl/newborn/reports.htm>.

Languages: English

Revised: **1993**

Type: **brochure**

of Pages: **2**

Price: **free**

Limit: **4**

DOH #:
Pub 951-109

Sickle Cell Anemia and Stroke

Defines what a stroke is and describes causes, symptoms, treatment and prevention. More information and publications are available on the Newborn Screening web site:

<http://www.doh.wa.gov/ehsphl/phl/newborn/scstroke.htm>.

Languages: English

Revised: **1993**

Type: **brochure**

of Pages: **2**

Price: **free**

Limit: **4**

DOH #:
Pub 951-102

Sickle Cell Anemia: A Parent's Guide for the School Age Child

For parents of a child with sickle cell disease. It provides information about the disorder and special medical issues for the school age child with sickle cell disease including: anemia, infection, fever, painful episodes, enuresis and nocturia, yellow eyes, growth and adolescence, and school. More information and publications are available on the Newborn Screening web site:

<http://www.doh.wa.gov/ehsphl/phl/newborn/scpg.htm>

Languages: English

Revised: **1993**

Type: **booklet**

of Pages: **14**

Price: **free**

Limit: **4**

DOH #:
Pub 951-116

Sickle Hemoglobin

Defines hemoglobin and discusses sickle hemoglobin and disorders associated with it. More information and publications are available on the Newborn Screening web site:

<http://www.doh.wa.gov/ehsphl/phl/newborn/reports.htm>

Languages: English, Spanish

Revised: **2000**

Type: **brochure**

of Pages: **2**

Price: **free**

Limit: **4**

Genetics

DOH #:
Pub 951-112

Splenic Sequestration Crisis

Defines the spleen and its function and discusses splenic sequestration, its symptoms, susceptibility, varying occurrences and treatment. Also available online at:

<http://www.doh.wa.gov/ehsphi/phl/newborn/splcris.htm>.

Languages: English

Revised: 1993

Type: brochure

of Pages: 2

Price: free

Limit: 4

DOH #:
Pub 951-PKU

The Essentials Of PKU: For Young Adults with PKU and their Significant Others

An informational brochure for young adults with PKU and their significant others. Also available online at: <http://depts.washington.edu/pku/essentials.html>.

Languages: English

Revised: 1993

Type: brochure

of Pages: 2

Price: free

Limit: 4

DOH #:
Pub 951-103

The Infant and Young Child with Sickle Cell Anemia

For parents of a child with sickle cell disease. Provides information about the special medical issues for the infant and young child with sickle cell disease including the disorder and fever, the spleen, infection, penicillin and painful episodes. Also available online at:

<http://www.doh.wa.gov/ehsphi/phl/newborn/chwsick.htm>.

Languages: English, Spanish

Revised: 1993

Type: brochure

of Pages: 15

Price: free

Limit: 2

DOH #:
Pub 951-133

Will I Have A Healthy Baby?

Information on birth defects and genetic disorders and who may benefit from genetic counseling or testing. Lists genetics clinics in Washington, Oregon, Idaho and Alaska. Order multiple copies from the Genetics Services Section, at 253-395-6747. Also available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=399

Languages: Cambodian, Chinese, Korean, Laotian, Russian, Spanish, Vietnamese

Revised: 1998

Type: brochure

of Pages: 1

Price: free

Limit: 100

Handwashing

DOH #:
Pub 130-012

Be a Germ Buster

Illustrates the proper way to wash one's hands. Plastic coated 8.5" x 11" poster. This is now printed with English on one side and Spanish on the other. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=217

Languages: English, Spanish

Revised: **1999**

Type: **poster**

of Pages: **1**

Price: **free**

Limit: **250**

DOH #:
Pub 333-037

Health Alert - Wash Your Hands

This brochure outlines the risk of getting salmonella from pet reptiles. It emphasizes the need to wash your hands after handling reptiles and other methods of preventing the disease.

Languages: English

Revised: **1991**

Type: **brochure**

of Pages: **1**

Price: **free**

Limit: **50**

DOH #:
Pub 334-065

Reptile Rules Employees Poster

A poster to educate pet store employees on safe reptile handling steps to reduce exposure to Salmonella. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=285

Languages: English

Revised: **2002**

Type: **poster**

of Pages: **1**

Price: **free**

Limit: **50**

DOH #:
Pub 334-064

Reptile Rules Public Poster

A poster intended to educate the public, particularly reptile owners, on safe handling steps to reduce a chance of infection from reptile-associated Salmonella. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=284

Languages: English

Revised: **2002**

Type: **poster**

of Pages: **1**

Price: **free**

Limit: **50**

DOH #:
Pub 334-066

Reptile Rules Rack Card

A rack card or counter card intended to educate the public, particularly reptile owners, on safe handling steps to reduce their chance of infection from reptile-associated Salmonella. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=286

Languages: English

Revised: **2002**

Type: **card**

of Pages: **1, 2-sided**

Price: **free**

Limit: **50**

Handwashing

DOH #:
Pub 347-007

Viral Hepatitis

Discusses transmission, risks and prevention of hepatitis A, B & C. Downloadable from DOH web site in English or Spanish: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=252

Languages: English, Spanish

Revised: **1998**

Type: **brochure**

of Pages: **4**

Price: **free**

Limit: **n/a**

Hazardous Materials

DOH #:
Pub 333-045

Bug Bombs: Overkill Can Be Dangerous

The brochure explains how to use total release foggers (bug bombs) safely in your home. It covers the proper amount of fogger needed to treat a room or entire house, a safety checklist when using a fogger, and general tips on handling pesticides. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=260

Languages: English

Revised: 2004

Type: **brochure**

of Pages: 4

Price: **free**

Limit: **50**

DOH #:
Pub 333-030

Dear Parent...What is Your Child's Lead Level?

For parents who are getting their children tested for lead exposure in a child's blood. Describes the four cutoff levels for the amount of lead in a child's blood. Describes the seriousness of each level and actions to take.

Languages: Cambodian, Chinese, English, Laotian, Spanish, Vietnamese

Revised: 2004

Type: **fact sheet**

of Pages: 2

Price: **free**

Limit: **10**

DOH #:
Pub 333-043

El plomo (Lead! A threat to the family!)

Fotonovela in Spanish describing to families the potential hazards that lead can pose to families and young children. The information is still correct, even though this was written in 1997. Available online only at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=227

Languages: Spanish

Revised: 1997

Type: **fotonovela**

of Pages: 14

Price: **free**

Limit: **n/a**

DOH #:
Pub 333-005

Food Safety and Nutrition to Help Prevent Lead Poisoning in Children

Brochure for parents on nutritional ways to lower a child's risk of lead poisoning. Includes tips for reducing the risk of exposure to lead in the home. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=220

Languages: Cambodian, Chinese, English, Laotian, Russian, Spanish, Vietnamese

Revised: 2001

Type: **brochure**

of Pages: 4

Price: **free**

Limit: **10**

DOH #:
Pub 333-004

Lead and Your Kids - A Parent's Guide

A checklist to help parents discern the risk of lead poisoning in their children. Includes tips for reducing the risk of exposure to lead in the home. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=223

Languages: Cambodian, Chinese, English, Laotian, Spanish, Vietnamese

Revised: 2004

Type: **brochure**

of Pages: 4

Price: **free**

Limit: **10**

Hazardous Materials

DOH #:
Pub 331-177

Lead in Drinking Water

A fact sheet that tells the sources of lead, the health effects of lead, lead standards, regulations, and what can be done about it. Available online at: <http://www.doh.wa.gov/ehp/dw/Programs/lead.htm>

Languages: English

Revised: 2002

Type: fact sheet

of Pages: 2

Price: free

Limit: 50

DOH #:
Pub 210-014

Lead in Home Remedies

For parents who may use traditional home remedies when their children are sick. Describes the danger when the remedy contains lead. Names and describes various home remedies that are known to contain dangerous levels of lead. Includes information on seeking medical attention and having children tested for blood lead levels. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=226

Languages: English, Spanish

Revised: 2001

Type: fact sheet

of Pages: 1, 2-sided

Price: free

Limit: 10

DOH #:
Pub 333-033

Medical Management of Children with Elevated Blood Lead Levels

Guidelines for health care providers in caring for children with elevated blood lead levels. State contact names and phone numbers for additional information on lead.

Languages: English

Revised: 2004

Type: guidelines

of Pages: 2

Price: free

Limit: 10

DOH #:
Pub 334-067

Point Wells Oil Spill Fact Sheet Health Questions and Answers

This fact sheet answers some frequently asked health questions about the Point Wells Oil Spill. You can request a paper copy by calling the Office of Environmental Health Assessments, at 1-877-485-7316. Available online at:

http://www.doh.wa.gov/ehp/oehas/fact%20sheets%20pdf/point_wells_qa_040422final.pdf

Languages: English

Revised: 2004

Type: fact sheet

of Pages: 2

Price: free

Limit: 100

DOH #:
Pub 333-050

Prevent Mercury Spills

Gives tips on handling mercury spills, and ways to dispose of mercury waste responsibly. Available online at: <http://www.ecy.wa.gov/pubs/0203048.pdf>

Languages: English

Revised: 2002

Type: brochure

of Pages: 4

Price: free

Limit: 50

Hazardous Materials

DOH #:
Pub 333-056

Preventing Drug Labs on Rental Property

8 x 11 inches, 2-sided, 2-color. Gives practical suggestions for landlords on how to prevent their rental property from being used as a drug lab. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=352

Languages: English

Revised:

Type: **brochure**

of Pages: **1, 2-sided**

Price:

Limit:

DOH #:
Pub 333-055

Preventing Drug Labs on Motel Property

8.5 x 11 inches, 2-sided, 2-color brochure which gives helpful tips on how to prevent the use of hotel rooms as a drug lab. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=353

Languages: English

Revised:

Type: **brochure**

of Pages:

Price:

Limit:

Health Care Providers

DOH #:
Pub 348-064

Adult Immunization Poster

Poster encouraging adult immunizations. Also available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=289

Languages: English

Revised: **1999** Type: **poster** # of Pages: **1** Price: **free** Limit: **none**

DOH #:
Pub 130-043

Antibiotic Resistance Education - Bronchitis Fact Sheet

Explains what bronchitis is and why it is not always treated with antibiotics. Lists common home remedies used to relieve symptoms. Also available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=300

Languages: English, Spanish, Russian, Vietnamese

Revised: **2002** Type: **fact sheet** # of Pages: **1** Price: **free** Limit: **150**

DOH #:
Pub 130-029

Antibiotic Resistance Education - Do you really need an Antibiotic? - Brochure

This brochure helps health care providers talk with patients about the careful use of antibiotics to prevent "super germs," and the importance of always finishing their prescription. Available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=298

Languages: English

Revised: **2002** Type: **brochure** # of Pages: **2** Price: **free** Limit: **150**

DOH #:
Pub 130-039

Antibiotic Resistance Education - Do you really need an Antibiotic? - Poster

This 11" x 19" poster encourages people to talk with their health care providers about the careful and appropriate use of antibiotics. English on one side and Spanish on the other. Also available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=299

Languages: English, Spanish

Revised: **2002** Type: **poster** # of Pages: **1** Price: **free** Limit: **5**

DOH #:
Pub 130-028

Antibiotic Resistance Education - Ear Infections Fact Sheet

Explains what causes ear infections and why they are not always treated with antibiotics. Lists common home remedies used to relieve symptoms. Available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=303

Languages: English, Spanish, Russian, Vietnamese

Revised: **2002** Type: **fact sheet** # of Pages: **1** Price: **free** Limit: **150**

Health Care Providers

DOH #:
Pub 130-045

Antibiotic Resistance Education - Prescription Bag Stuffer

A reminder sheet for pharmacies to include with each antibiotic prescription. Explains why it is so important to finish the entire prescription and not to save or share antibiotics. Encourages patients to talk with their health care provider or pharmacist. Available only online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=305

Languages: English

Revised: **2002**

Type: **bag stuffer**

of Pages: **1**

Price: **free**

Limit: **N/A**

DOH #:
Pub 130-040

Antibiotic Resistance Education - Rx for Your Symptoms - Prescription Pad

A tear off sheet for health care providers to give to patients with upper respiratory infections when an antibiotic is not appropriate. Includes space for the provider to recommend symptomatic therapies. The back side has a checklist of over-the-counter medications patients can take to relieve their symptoms. 50 sheets per pad. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=306

Languages: English

Revised: **2002**

Type: **pad**

of Pages: **50**

Price: **free**

Limit: **5 pads**

DOH #:
Pub 130-038

Antibiotic Resistance Education - Runny Nose Fact Sheet

Explains what causes colds and nasal congestion and why cold viruses are not treated with antibiotics. Lists common home remedies used to relieve symptoms. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=304

Languages: English, Spanish, Russian, Vietnamese

Revised: **2000**

Type: **fact sheet**

of Pages: **1**

Price: **free**

Limit: **150**

DOH #:
Pub 130-042

Antibiotic Resistance Education - Sinus Infection Fact Sheet

Explains the causes a sinus infections and why they are not always treated with antibiotics. Lists common home remedies used to relieve symptoms. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=302

Languages: English, Russian, Vietnamese

Revised: **2002**

Type: **fact sheet**

of Pages: **1**

Price: **free**

Limit: **150**

DOH #:
Pub 130-046

Antibiotic Resistance Education - Skin Infections Fact Sheet

Describes the different kinds of ear infections, how they will usually clear up on their own, and that handwashing is the best way to prevent infections. Gives helpful suggestions on what to do if your child has an ear infection, and reasons to call a doctor. Has English on one side, Spanish on the other. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=355

Languages: English, Spanish

Revised: **2004**

Type: **fact sheet**

of Pages: **2-sided**

Price: **free**

Limit: **150**

Health Care Providers

DOH #:
Pub 130-044

Antibiotic Resistance Education - Sore Throat Fact Sheet

Explains what causes a sore throat and why it is not treated with antibiotics. Lists common home remedies used to relieve symptoms. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=301

Languages: English, Spanish, Russian, Vietnamese

Revised: **2002**

Type: **fact sheet**

of Pages: **1**

Price: **free**

Limit: **150**

DOH #:
Pub 130-041

Antibiotic Resistance Education - What Can I Do to Fight a Cold, Cough, or Sore Throat?

Part of the antibiotics resistance education campaign. Recommended home remedies and over the counter medications listed by symptom. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=297

Languages: English

Revised: **2002**

Type: **brochure**

of Pages: **1**

Price: **free**

Limit: **250**

DOH #:
Pub USPHS00-5763

Core Curriculum on Tuberculosis

A basic course in tuberculosis for the health care professional. From the Division of Tuberculosis Control, Center for Prevention Services, Centers for Disease Control. To order call 360-236-3443 or go online to: www.doh.wa.gov/cfh/tb/orderpublications.htm. Also available online at:

<http://www.cdc.gov/nchstp/tb/pubs/corecurr/77-CoreCurriculumonTB.pdf>

Languages: English

Revised: **2000**

Type: **book**

of Pages: **95**

Price: **free**

Limit: **1**

DOH #:
Pub 930-PATH-1

Emergency Contraception Wallet Card

Full color wallet card with questions and answers regarding emergency contraception. Provides a 1-888 number for a list of providers and a web address for more information. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=231

Languages: Chinese, Russian, Spanish, Vietnamese

Revised: **2000**

Type: **wallet card**

of Pages: **1, 2-sided**

Price: **free**

Limit: **200**

DOH #:
Pub 930-105

Family Planning and Reproductive Health, Title X and Family Planning

A fact sheet for family planning clinics to distribute selectively to their clients. It is written in a Q and A format: What is Title X? What services does Title X provide? This fact sheet will not be reprinted once the current supply is out of stock.

Languages: English

Revised: **2002**

Type: **fact sheet**

of Pages: **1, 2-sided**

Price: **free**

Limit: **100**

Health Care Providers

DOH #: Pub 910-111	Finding Your Way in Managed Care: A Guide for Washington Families of Children with Special Health Care Needs
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Covers many vital topics that parents and caregivers of children with special health care needs may want to learn, to help them obtain and give the best possible care for their child and to navigate the managed care system. It is a useful resource for providers also. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=296

Languages: English

Revised: **2001**

Type: **booklet**

of Pages: **72**

Price:

Limit:

DOH #: Pub 348-073	Immunize at All Ages - Insert
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8.5" x 3" paycheck stuffer. Provides a graphical representation of the immunization schedule from birth to adulthood. Includes contact information for the Washington Dept. of Health's Immunization Program.

Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=292

Languages: English

Revised: **2000**

Type: **flyer**

of Pages: **1**

Price: **free**

Limit: **none**

DOH #: Pub CDC-5988	Improving Patient Adherence to TB Treatment
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Centers for Disease Control (CDC) publication for professionals on measuring, predicting and improving compliance. To order call 360-236-3443, or order it online at:

www.doh.wa.gov/cfh/tb/orderpublications.htm.

Languages: English

Revised: **1994**

Type: **booklet**

of Pages: **55**

Price: **free**

Limit: **none**

DOH #: Pub 348-088	Is Your Baby Protected?
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Colorful graphic representation and facts about the childhood immunization schedule.

Languages: English, Spanish

Revised: **2004**

Type: **flyer**

of Pages: **1, 2-sided**

Price: **free**

Limit: **none**

DOH #: Pub 930-PATH-2	Key Facts about Emergency Contraception
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Attractive fact sheet on emergency contraception with concise answers. Includes the phone number to call for a pharmacy nearby that can distribute emergency contraception. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=232

Languages: English, Spanish

Revised: **1999**

Type: **fact sheet**

of Pages: **1**

Price: **free**

Limit: **200**

Health Care Providers

DOH #:
Pub 970-104

Library Resources for Families with Children with Special Health Care Needs in Washington State

A directory of resource books for families with children with special health care needs that are available through interlibrary loans in public libraries throughout the state. Will not be reprinted once the current supply is gone. Available on the internet at <http://www.doh.wa.gov/cfh/mch/documents/libfinal.pdf>

Languages: English

Revised: **1999**

Type: **catalog**

of Pages: **57**

Price: **free**

Limit: **none**

DOH #:
Pub 333-033

Medical Management of Children with Elevated Blood Lead Levels

Guidelines for health care providers in caring for children with elevated blood lead levels. State contact names and phone numbers for additional information on lead.

Languages: English

Revised: **2004**

Type: **guidelines**

of Pages: **2**

Price: **free**

Limit: **10**

DOH #:
Pub 961-158

Nutrition Interventions for Children with Special Health Care Needs

A resource for registered dietitians and others who provide nutrition care for children with special health care needs. Addresses the complex needs related to growth, nutrition, and feeding, including sections on Determination of Nutrition Status, Problem-Based Nutrition Interventions, and Condition-Specific Nutrition Interventions. Free to WIC/CFH contractors only. Others may purchase for \$15.00 each. It is available for viewing and printing from the internet at:

http://www.doh.wa.gov/cfh/mch/mch_publications.htm

Languages: English

Revised: **2002**

Type: **manual**

of Pages: **372**

Price: **see above**

Limit: **none**

DOH #:
Pub 348-080

Plain Talk About Childhood Immunizations

Designed for parents who have in-depth questions about vaccine safety. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=312

Languages: English, Spanish

Revised: **2003**

Type: **booklet**

of Pages: **41**

Price: **none**

Limit: **25**

DOH #:
Pub 348-072

Pneumococcal Conjugate Vaccine Information Statement - What You Need To Know

Offers information on the disease and vaccine. No limit for copies in English, Russian, Spanish and Vietnamese. All other available languages may be found online at: <http://www.immunize.org/vis/>

Languages: English, Russian, Spanish, Vietnamese

Revised: **2002**

Type: **fact sheet**

of Pages: **1, 2-sided**

Price: **free**

Limit: **none**

Health Care Providers

DOH #:
Pub 410-015

Prenatal Testing for HIV: What You Should Know

What a pregnant woman should know about HIV testing. Designed for OB providers and for women who are considering pregnancy, to inform them that HIV testing is done routinely along with other pregnancy tests. Informs patient of the importance of knowing her HIV status to prevent transmission to her newborn. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=347
Languages: English

Revised: **2003** Type: **brochure** # of Pages: **tri-fold** Price: **free** Limit: **400**

DOH #:
Pub 333-050

Prevent Mercury Spills

Gives tips on handling mercury spills, and ways to dispose of mercury waste responsibly. Available online at: <http://www.ecy.wa.gov/pubs/0203048.pdf>

Languages: English

Revised: **2002** Type: **brochure** # of Pages: **4** Price: **free** Limit: **50**

DOH #:
Pub 347-Man

Reprint: A Man's Guide to STD

Intended for clinicians only. Not for the general public. Reprinted with permission of Men's Journal. Describes the current number of cases, transmission risk, symptoms and outcomes, and current medical thinking on seven common forms of STD.
Languages: English

Revised: **2003** Type: **reprint** # of Pages: **1** Price: **free** Limit: **none**

DOH #:
347-339Ex

Sex While Intoxicated - Seventeen Magazine

Reprint of an article intended for use by clinicians who treat or counsel teens at high risk for STD.

Languages: English

Revised: **1991** Type: **reprint** # of Pages: **1** Price: **free** Limit: **none**

DOH #:
Pub 130-025

Steps to Help You Quit Smoking: How Other Moms Have Quit

Developed for women thinking about pregnancy or currently pregnant. An easy-to-read booklet with culturally appropriate illustrations. This self-help guide contains practical tips, a quit smoking plan and a quit day checklist. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=210
Languages: English

Revised: **1999** Type: **booklet** # of Pages: **14** Price: **free** Limit: **100**

Health Care Providers

DOH #:
Pub CDC 99-5497

TB Facts for Health Care Workers

This brochure briefly describes persons at risk for tuberculosis and prevention recommendations. Literature for the professional. To order call 360-236-3443 or order it online at:

www.doh.wa.gov/cfh/tb/orderpublications.htm

Languages: English

Revised: 1997

Type: **brochure**

of Pages: 14

Price: **free**

Limit: **none**

DOH #:
Pub CDC 00-6186

Think TB

A poster for offices and clinics. Available in English and Spanish (Spanish USPHS# is 00-6406). To order call 360-236-343, or order it online at: www.doh.wa.gov/cfh/tb/orderpublications.htm

Languages: English, Spanish

Revised: 1992

Type: **poster**

of Pages: 1

Price: **free**

Limit: **none**

DOH #:
Pub 348-003

Vaccine Information Statement - DTaP (Diphtheria, Tetanus and Pertussis)

Offers information on the diseases and vaccine. There is no limit for this publication in English, Spanish, Russian, and Vietnamese. All other available languages may be found online at:

<http://www.immunize.org/vis/>

Languages: English, Spanish

Revised: 2001

Type: **fact sheet**

of Pages: 1, 2-sided

Price: **free**

Limit: **none**

DOH #:
Pub 348-036

Vaccine Information Statement - FLU (Influenza)

Offers information on the disease and vaccine. There is no limit for this publication in English, Spanish, Russian, and Vietnamese. All other available languages may be found online at:

<http://www.immunize.org/vis/>

Languages: English, Russian, Spanish, Vietnamese

Revised: 2004

Type: **fact sheet**

of Pages: 1, 2-sided

Price: **free**

Limit: **none**

DOH #:
Pub 348-041

Vaccine Information Statement - Hepatitis A

Offers information on the disease and vaccine. There is no limit for this publication in English, Spanish, Russian, and Vietnamese. All other available languages may be found online at:

<http://www.immunize.org/vis/>

Languages: English, Russian, Spanish, Vietnamese

Revised: 1998

Type: **fact sheet**

of Pages: 1, 2-sided

Price: **free**

Limit: **none**

Health Care Providers

DOH #:
Pub 348-024

Vaccine Information Statement - Hepatitis B

Replaces "Important Information Statement - Hep B". Offers information on the disease and the vaccine. There is no limit for this publication in the English, Russian, Spanish and Vietnamese versions. All other available languages may be found online at: <http://www.immunize.org/vis/>

Languages: English, Russian, Spanish, Vietnamese

Revised: 2001

Type: **fact sheet**

of Pages: **1, 2-sided**

Price: **free**

Limit: **none**

DOH #:
Pub 348-007

Vaccine Information Statement - HIB (Haemophilus Influenzae Type B)

Offers information on the disease and vaccine. There is no limit for this publication in English, Spanish, Russian, and Vietnamese. All other available languages may be found online at:

<http://www.immunize.org/vis/>

Languages: English, Russian, Spanish, Vietnamese

Revised: 1998

Type: **fact sheet**

of Pages: **1, 2-sided**

Price: **free**

Limit: **none**

DOH #:
Pub 348-004

Vaccine Information Statement - IVP/OPV (Polio)

Offers information on the disease and vaccine. There is no limit for this publication in English, Spanish, Russian, and Vietnamese. All other available languages may be found online at:

<http://www.immunize.org/vis/>

Languages: English, Russian, Spanish, Vietnamese

Revised: 2000

Type: **fact sheet**

of Pages: **1, 2-sided**

Price: **free**

Limit: **none**

DOH #:
Pub 348-005

Vaccine Information Statement - MMR (Measles, Mumps, and Rubella)

Offers Information on the diseases and vaccine. There is no limit for this publication in English, Spanish, Russian, and Vietnamese. All other available languages may be found online at:

<http://www.immunize.org/vis/>

Languages: English, Russian, Spanish, Vietnamese

Revised: 2003

Type: **fact sheet**

of Pages: **1, 2-sided**

Price: **free**

Limit: **none**

DOH #:
Pub 348-011

Vaccine Information Statement - PNEU (Pneumococcal)

Offers information on the disease and vaccine. There is no limit for this publication in English, Spanish, Russian, and Vietnamese. All other available languages may be found online at:

<http://www.immunize.org/vis/>

Languages: English, Russian, Spanish, Vietnamese

Revised: 1997

Type: **fact sheet**

of Pages: **1, 2-sided**

Price: **free**

Limit: **none**

Health Care Providers

DOH #:
Pub 348-038

Vaccine Information Statement - Td (Tetanus and Diphtheria)

Offers information on the diseases and vaccine. There is no limit for this publication in English, Spanish, Russian, and Vietnamese. All other available languages may be found online at:

<http://www.immunize.org/vis/>

Languages: English, Russian, Spanish, Vietnamese

Revised: 1994

Type: **fact sheet**

of Pages: 1, 2-sided

Price: **free**

Limit: **none**

DOH #:
Pub 348-042

Vaccine Information Statement - VIS (Varicella/Chickenpox)

Offers information on the disease and vaccine. There is no limit for this publication in English, Spanish, Russian, and Vietnamese. All other available languages may be found online at:

<http://www.immunize.org/vis/>

Languages: English, Russian, Spanish, Vietnamese

Revised: 1998

Type: **fact sheet**

of Pages: 1, 2-sided

Price: **free**

Limit: **none**

DOH #:
Pub 910-117

what's up? - Information for Adults Who Care About Teens – Adolescent Nutrition

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free.

There is a small charge for additional fact sheets. **They are available online at:**

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=331. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: **fact sheet**

of Pages: 1, 2-sided

Price: **see above**

Limit: **see above**

DOH #:
Pub 910-118

what's up? - Information for Adults Who Care About Teens – Adolescent Physical Activity

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free.

There is a small charge for additional fact sheets. **They are available online at:**

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=338. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: **fact sheet**

of Pages: 1, 2-sided

Price: **see above**

Limit: **see above**

Health Care Providers

DOH #:
Pub 910-121

what's up? - Information for Adults Who Care About Teens - Depression and Suicide

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=341. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-120

what's up? - Information for Adults Who Care About Teens - Drug and Alcohol Use

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=340. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-116

what's up? - Information for Adults Who Care About Teens - Eating Disorders

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=337. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-126

what's up? - Information for Adults Who Care About Teens - Emotional Development

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=346. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

Health Care Providers

DOH #:
Pub 910-123

what's up? - Information for Adults Who Care About Teens - Intentional Injuries

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=342. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-124

what's up? - Information for Adults Who Care About Teens - Physical Growth and Development

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=344. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-113

what's up? - Information for Adults Who Care About Teens - Sexually Transmitted Infections

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=334. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-112

what's up? - Information for Adults Who Care About Teens - Sexual Orientation

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=333. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

Health Care Providers

DOH #:
Pub 910-131

what's up? - Information for Adults Who Care About Teens - Special Needs and Disabilities

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=354. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-125

what's up? - Information for Adults Who Care About Teens - Talking With & Listening to Teens

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=345. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-115

what's up? - Information for Adults Who Care About Teens – Teenage Sexual Behavior

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=336. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910- 119

what's up? - Information for Adults Who Care About Teens – Teen Tobacco Use

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=339. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

Health Care Providers

DOH #:
Pub 910-114

what's up? - Information for Adults Who Care About Teens - Unintended Pregnancy

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=335. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-122

what's up? - Information for Adults Who Care About Teens - Unintentional Injuries

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=343. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 348-075

Why Are Immunizations Important

Describes key facts for people of all ages on the importance of immunizations. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=234.

Languages: English

Revised: 2001

Type: brochure

of Pages: 1, 2-sided

Price: free

Limit: none

Healthy Aging

DOH #:
Pub 130-050

9 Steps to Healthy Aging

This material is no longer in print. For more information, visit the Healthy Aging web site at:
<http://www.doh.wa.gov/cfh/ohp/HealthyAging/stepstohealthyaging.htm>.

Languages: English, Spanish

Revised: **2004**

Type: **poster**

of Pages: **1**

Price:

Limit:

DOH #:
341-006

Check For Safety: A Home Fall Prevention Checklist for Older Adults

Targeted to older adults. Lists a checklist of hazards found in each room of a home. For each hazard there are clear options for how to fix the problem. Also includes other tips for preventing falls. The text is easy to read with large print, and in a question and answer format.

Languages: English

Revised: **2001**

Type: **booklet**

of Pages: **12**

Price: **free**

Limit: **200**

DOH #:
Pub 345-173

Colorectal Cancer in Washington State - Stories of Survival

Describes true case stories of how early colon screening saved the lives of Washington residents with colon cancer. Gives recommendations regarding how and when to test for colon cancer. Concludes with resources for further information. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=256.

Languages: English

Revised: **2002**

Type: **brochure**

of Pages: **1, 2-sided**

Price: **free**

Limit: **200**

DOH #:
Pub 345-CDC-2

Here Are Some Early Symptoms of Colorectal Cancer

18" x 24", 2-color. Describes how colorectal cancer begins without symptoms, how colorectal cancer is the second leading cancer killer in the U.S.. Tells how regular screening tests for colorectal cancer can prevent colorectal cancer. Gives contact details for more information.

Languages: English

Revised: **2000**

Type: **poster**

of Pages: **1**

Price: **free**

Limit: **50**

DOH #:
Pub Ex130-047

Osteoporosis - Can It Happen To You?

Questionnaire designed to help patients determine their risk for developing osteoporosis, as well as usual information about this bone-thinning disease. 3.5 x 9 inches, in color. Developed by the National Osteoporosis Foundation.

Languages: English

Revised: **1998**

Type: **handout**

of Pages: **1, 2-sided**

Price: **free**

Limit: **50**

Healthy Aging

DOH #:
345-CDC-1

The Good News (Medicare now helps pay for more cancer screening tests.)

18" x 21" full color poster. Describes how colorectal cancer screening tests can save lives, and how Medicare provides coverage for these screening tests. Depicts a smiling physician and a patient. Concludes with sources for more information.

Languages: English

Revised: **2001**

Type: **poster**

of Pages: **1**

Price: **free**

Limit: **50**

DOH #:
Pub 341-005

What You Can Do To Prevent Falls

Targeted towards older adults. A brief overview of things to do to reduce the risk of falls: including exercise, home safety tips, medication review, and regular vision exams. Printed with large font so it is easier to read.

Languages: English

Revised: **2001**

Type: **brochure**

of Pages: **2**

Price: **free**

Limit: **200**

Hepatitis

DOH #:
Pub 348-044

Are You Hepatitis B Positive and Pregnant?

This is a companion piece to the *How to Protect Your Baby* pamphlet. It can be used as an insert or can stand alone. It provides information for pregnant women who have hepatitis B about treatment for their babies and household members. Will not be reprinted once the current inventory is exhausted. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=330.
Languages: English

Revised: **1997** Type: **fact sheet** # of Pages: **2** Price: **free** Limit: **none**

DOH #:
Pub 348-009

Hepatitis B: How to Protect Your Baby

Brochure for pregnant women, encouraging them to be screened for hepatitis B and how to protect their babies from becoming infected. Will not reprint once the current inventory is exhausted. The English and Spanish versions were revised in 1999, the remaining languages were written in 1995. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=329.

Languages: Amharic, Cambodian, Chinese, English, Farsi, Hindi, Hmong, Japanese, Korean, Laotian, Oromo, Romanian, Russian, Samoan, Serbo-Croatian, Somali, Spanish, Tagalog, Thai, Tigrigna, Ukrainian, Vietnamese

Revised: **1999** Type: **brochure** # of Pages: **4** Price: **free** Limit: **none**

DOH #:
Pub 348-084

Hepatitis B Reporting Sticker

For prenatal care providers. 2" x 3" rectangular sticker.

Languages: English

Revised: **2002** Type: **sticker** # of Pages: **1** Price: **Free** Limit: **None**

DOH #:
Pub 348-082

Rectangular Hepatitis Sticker

For hospitals. 2" x 3" rectangular sticker.

Languages: English

Revised: **2002** Type: **sticker** # of Pages: **1** Price: **free** Limit: **none**

DOH #:
Pub 348-041

Vaccine Information Statement - Hepatitis A

Offers information on the disease and vaccine. There is no limit for this publication in English, Spanish, Russian, and Vietnamese. All other available languages may be found online at: <http://www.immunize.org/vis/>.

Languages: English, Russian, Spanish, Vietnamese

Revised: **1998** Type: **fact sheet** # of Pages: **1, 2-sided** Price: **free** Limit: **none**

Hepatitis

DOH #:
Pub 348-024

Vaccine Information Statement - Hepatitis B

Replaces "Important Information Statement - Hep B". Offers information on the disease and the vaccine. There is no limit for this publication in the English, Russian, Spanish and Vietnamese versions. All other available languages may be found online at: <http://www.immunize.org/vis/>.

Languages: English, Russian, Spanish, Vietnamese

Revised: 2001

Type: **fact sheet**

of Pages: 1, **2-sided**

Price: **free**

Limit: **none**

DOH #:
Pub 347-007

Viral Hepatitis

Discusses transmission, risks and prevention of hepatitis A, B & C. Also available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=252.

Languages: English, Spanish

Revised: 1998

Type: **brochure**

of Pages: 4

Price: **free**

Limit: **N/A**

DOH #:
Pub 348-046

What Asians and Pacific Islanders Need to Know About Hepatitis B

Discusses hepatitis B, its transmission, the need for Asians and Pacific Islanders to get tested for hepatitis B, and reasons to get the hepatitis B vaccine series if they are susceptible. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=277.

Languages: Cambodian, Chinese, English, Korean, Laotian, Samoan, Tagalog, Vietnamese

Revised: 1998

Type: **brochure**

of Pages: 1, **2-sided**

Price: **free**

Limit: **none**

DOH #:
Pub 347-040

What Parents Need to Know About Hepatitis B

Discusses hepatitis B and the hepatitis B vaccine requirements for children born after September 1, 1991 in school, preschool and childcare. No longer available in paper form. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=293.

Languages: English

Revised: 1999

Type: **brochure**

of Pages: 6

Price: **free**

Limit: **none**

HIV/AIDS

DOH #:
Pub 410-001

A Guide to the Future for People Living with HIV/AIDS and Their Family and Friends

A guide to Washington State and federal services for individuals with HIV/AIDS, their primary caregivers and case managers. Provides information on receiving assistance with case management, insurance, income, food, medical/dental services, prescription medications, family services, home care, housing, and emotional support. Contains both English and Spanish in each copy. Formerly titled "Navigating the Future."

Languages: English, Spanish

Revised: **2001**

Type: **booklet**

of Pages: **31**

Price: **free**

Limit: **none**

DOH #:
Pub 410-ETR-Cond

Condoms - Talking With Your Partner

Offers tips on how to negotiate the use of protection with your sex partner. If you wish to order more than 50 brochures, please contact ETR directly at 1-800-321-4407.

Languages: English

Revised:

Type: **brochure**

of Pages: **2-sided**

Price: **free**

Limit: **50**

DOH #:
410-ETR-Child

HIV - Talking With Your Child

Brochure for the general public. Describes basic mechanics of how to talk to children at different developmental ages about HIV/AIDS. If you wish to order more than 50 brochures, please contact ETR directly at 1-800-321-4407.

Languages: English

Revised:

Type: **brochure**

of Pages: **2-sided**

Price: **free**

Limit: **50**

DOH #:
410-ETR-Teen

HIV - Talking With Your Teen

Intended for the general public. Describes the basic mechanics of how to talk to your teen about HIV/AIDS and transmission issues. If you wish to order more than 50 brochures, please contact ETR directly at 1-800-321-4407.

Languages: English

Revised:

Type: **brochure**

of Pages: **2-sided**

Price: **free**

Limit: **50**

DOH #:
Pub 410-006

HIV Antibody Test Bookmark

Easy to read, brief description of the HIV antibody test, for the general public. Lists phone numbers for Washington State and national HIV/AIDS information hotline numbers. Public domain. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=254.

Languages: English

Revised: **2001**

Type: **bookmark**

of Pages: **1, 2-sided**

Price: **free**

Limit: **400**

HIV/AIDS

DOH #:
Pub 410-007

KNOW HIV/AIDS Prevention Curriculum (for Health Care Facility Employees)

Model curriculum designed to assist health care facility employees in completing their Washington State HIV/AIDS education requirements. Public domain. Sample only available. Available online at: http://www.doh.wa.gov/cfh/HIV_AIDS/Prev_Edu/training_curriculum/Know.pdf.

Languages: English

Revised: **2002**

Type: **curriculum**

of Pages: **93**

Price: **free**

Limit: **1**

DOH #:
Pub 410-016

Prenatal Testing for HIV - Card

What a pregnant woman should know about HIV testing. Designed for OB providers and for women who are considering pregnancy, to inform them that HIV testing is done routinely along with other pregnancy tests. Informs patient of the importance of knowing her HIV status to prevent transmission to her newborn. 4th grade reading level Q & A. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=290.

Languages: English, Spanish

Revised: **2003**

Type: **card**

of Pages: **1**

Price: **free**

Limit: **400**

DOH #:
Pub 410-015

Prenatal Testing for HIV - Brochure

What a pregnant woman should know about HIV testing. Designed for OB providers and for women who are considering pregnancy, to inform them that HIV testing is done routinely along with other pregnancy tests. Informs patient of the importance of knowing her HIV status to prevent transmission to her newborn. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=347.

Languages: English

Revised: **2003**

Type: **brochure**

of Pages: **tri-fold**

Price: **free**

Limit: **400**

DOH #:
Pub 410-ETR-Safe

Safer Sex - Talking With Your Partner

Brochure describes how to talk to partners about safer sex and HIV transmission risks. If you wish to order more than 50 brochures, please contact ETR directly at 1-800-321-4407.

Languages: English

Revised:

Type: **brochure**

of Pages: **2-sided**

Price: **free**

Limit: **50**

DOH #:
CDC-99-5497

TB Facts for Health Care Workers

This brochure briefly describes persons at risk for tuberculosis and prevention recommendations. Literature for the professional. To order call 360-236-3443 or order it online at:

www.doh.wa.gov/cfh/tb/orderpublications.htm.

Languages: English

Revised: **1997**

Type: **brochure**

of Pages: **14**

Price: **free**

Limit: **none**

HIV/AIDS

DOH #:
Pub 343-012

TB Facts: TB and HIV (The AIDS Virus)

Facts about tuberculosis and HIV. To order call 360-236-3443 or order it online at: www.doh.wa.gov/cfh/tb/orderpublications.htm. May be viewed online at: www.cdc.gov/nchstp/tb/pubs/tbfactsheets/tbandhiv_eng.pdf.

Languages: English

Revised: **1997**

Type: **fact sheet**

of Pages: **1**

Price: **free**

Limit: **none**

DOH #:
Pub CDC-005-738

TB/HIV - The Connection - What Health Care Workers Should Know

Explains the risk of HIV-related TB, tuberculin skin testing, and preventive therapy. To order call 360-236-3443 or order it online at: www.doh.wa.gov/cfh/tb/orderpublications.htm. The DOH publication number for the Spanish version is: Pub "CDC 005-745 Span."

Languages: English

Revised: **1997**

Type: **brochure**

of Pages: **1**

Price: **free**

Limit: **none**

Immunization

DOH #:
Pub 348-064

Adult Immunizations: Your Best Shot at Good Health - Poster

Poster encouraging adult immunizations. Available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=289.

Languages: English

Revised: **1999** Type: **poster** # of Pages: **1** Price: **free** Limit: **none**

DOH #:
Pub 348-063

Adult Immunizations: Your Best Shot at Good Health - Brochure

Explains the need for immunization for adults against certain diseases. Available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=288.

Languages: English

Revised: **1999** Type: **brochure** # of Pages: **2** Price: **free** Limit: **none**

DOH #:
Pub 348-044

Are You Hepatitis B Positive and Pregnant?

This is a companion piece to the How to Protect Your Baby pamphlet. It can be used as an insert or can stand alone. It provides information for pregnant women who have hepatitis B about treatment for their babies and household members. Will not be reprinted once the current inventory is exhausted. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=330.

Languages: English

Revised: **1997** Type: **fact sheet** # of Pages: **2** Price: **free** Limit: **none**

DOH #:
Pub 348-013

Certificate of Immunization Status (CIS)

Parents are required to complete this certificate for school entry of their children.

Languages: English, Spanish

Revised: **1999** Type: **forms** # of Pages: **1, 2-sided** Price: **free** Limit: **none**

DOH #:
Pub 348-CDC-
IMM-1

Childhood Immunization Schedule - Fact Sheet

Chart of immunization recommendations for children. 8.5 x 11 fact sheet, 2-sided, printed on heavy paper. Updated annually.

Languages: English

Revised: **2003** Type: **fact sheet** # of Pages: **1, 2-sided** Price: **free** Limit: **none**

Immunization

DOH #:
**Pub 348-CDC-
IMM-2**

Childhood Immunization Schedule - Poster

Large print, easy to read chart of immunization recommendations for children. Poster is printed on heavy paper and is 11" x 17". Updated annually. Replaces "Recommended Immunization Schedule for Children".

Languages: English

Revised: **2003**

Type: **poster**

of Pages: **1**

Price: **free**

Limit: **none**

DOH #:
Pub 348-009

Hepatitis B - How to Protect Your Baby

Brochure for pregnant women, encouraging them to be screened for hepatitis B and how to protect their babies from becoming infected. Will not reprint once the current inventory is exhausted. The English and Spanish versions were revised in 1999, the remaining languages were written in 1995. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=329.

Languages: Amharic, Cambodian, Chinese, English, Farsi, Hindi, Hmong, Japanese, Korean, Laotian, Oromo, Romanian, Russian, Samoan, Serbo-Croatian, Somali, Spanish, Tagalog, Thai, Tigrigna, Ukrainian, Vietnamese

Revised: **1999**

Type: **brochure**

of Pages: **4**

Price: **free**

Limit: **none**

DOH #:
Pub 348-084

Hepatitis B Reporting Sticker

For prenatal care providers. 2" x 3" rectangular sticker.

Languages: English

Revised: **2002**

Type: **sticker**

of Pages: **1**

Price: **free**

Limit: **None**

DOH #:
Pub 348-043

Immunization Manual for Schools, Preschools and Clinical Facilities

A manual detailing the policies and procedures for schools, preschools and child care facilities in implementing the Washington State Immunization regulations. An essential guide for all public and private schools, child care centers and local health jurisdictions. Also available at:

<http://www.doh.wa.gov/cfh/immunize/schools.htm>.

Languages: English

Revised: **2002**

Type: **manual**

of Pages: **86**

Price: **free**

Limit: **1**

DOH #:
Pub 348-073

Immunize at All Ages - Insert

8.5" x 3" paycheck stuffer. Provides a graphical representation of the immunization schedule from birth to adulthood. Includes contact information for the Washington Dept. of Health's Immunization Program.

Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=292

Languages: English

Revised: **2000**

Type: **flyer**

of Pages: **1**

Price: **free**

Limit: **none**

Immunization

DOH #:
Pub 348-074

Immunize at All Ages - Large Poster

16 x 20 poster with facts on why immunizations are important no matter what your age. Provides contact information.

Languages: English

Revised: **2000**

Type: **poster**

of Pages: **1**

Price: **free**

Limit: **none**

DOH #:
Pub 348-076

Immunize at All Ages - Small Poster

11 x 14 poster with facts on why immunizations are important, no matter what your age. Provides contact information. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=291

Languages: English

Revised: **2002**

Type: **poster**

of Pages: **1**

Price: **free**

Limit: **none**

DOH #:
Pub 348-029

Infectious Disease Control Guide for School Staff

A guide from the Office of Superintendent of Public Instruction for school/day care centers on the diagnosis and control of infectious diseases of children. Included are: common cold, lice, chicken pox and others. Useful for school nurses and secretaries, child care center directors/operators. Available online at: <http://www.doh.wa.gov/cfh/Immunize/schools.htm>

Languages: English

Revised: **2004**

Type: **manual**

of Pages: **182**

Price: **free**

Limit: **3**

DOH #:
Pub 348-088

Is Your Baby Protected?

Colorful graphic representation and facts about the childhood immunization schedule.

Languages: English, Spanish

Revised: **2004**

Type: **flyer**

of Pages: **1, 2-sided**

Price: **free**

Limit: **none**

DOH #:
Pub 348-001

Lifetime Immunization Record

Passport-size card given to patients when receiving immunizations. Serves as a personal record of immunization for school and day care admission, etc. 7th grade reading level. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=278

Languages: English

Revised: **2001**

Type: **card**

of Pages: **1, 2-sided**

Price: **free**

Limit: **none**

Immunization

DOH #:
Pub 348-053

Minimum Vaccines Required for Daycares/Preschools (Flyer 8.5 x 11)

Handout (8.5 x 11) listing the immunization requirements by age for children attending childcare facilities and preschool. Updated annually.

Languages: English

Revised: **2004**

Type: **fact sheet**

of Pages: **1, 2-sided**

Price: **free**

Limit: **none**

DOH #:
Pub 348-026

Minimum Vaccines Required for Preschool & Child Care Facility Attendance- poster

A poster (11x17) listing the immunization requirements by age for children attending child care facilities or preschool. Updated annually. Also available as a 8.5" x 11" handout sheet.

Languages: English

Revised: **2004**

Type: **poster**

of Pages: **1**

Price: **free**

Limit: **none**

DOH #:
Pub 348-027

Minimum Vaccines Required for School Attendance

A poster (11x17) listing immunization requirements by age for children attending public school. Updated annually.

Languages: English

Revised: **2004**

Type: **poster**

of Pages: **1**

Price: **free**

Limit: **none**

DOH #:
Pub 348-051

Minimum Vaccines Required for School Attendance (Flyer 8.5 x 11)

A handout (8.5 x 11) listing the immunization requirements by age for children attending public school. Updated annually.

Languages: English

Revised: **2004**

Type: **fact sheet**

of Pages: **1, 2-sided**

Price: **free**

Limit: **none**

DOH #:
Pub 348-080

Plain Talk About Childhood Immunizations

Designed for parents who have in-depth questions about vaccine safety. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=312.

Languages: English, Spanish

Revised: **2003**

Type: **booklet**

of Pages: **41**

Price: **none**

Limit: **25**

Immunization

DOH #:
Pub 348-072

Pneumococcal Conjugate Vaccine Information Statement - What You Need To Know

Offers information on the disease and vaccine. No limit for copies in English, Russian, Spanish and Vietnamese. All other available languages may be found online at: <http://www.immunize.org/vis/>.

Languages: English, Russian, Spanish, Vietnamese

Revised: **2002** Type: **fact sheet** # of Pages: **1, 2-sided** Price: **free** Limit: **none**

DOH #:
Pub 348-082

Rectangular Hepatitis Sticker

For hospitals. 2" x 3" rectangular sticker.

Languages: English

Revised: **2002** Type: **sticker** # of Pages: **1** Price: **free** Limit: **none**

DOH #:
Pub 348-012

Vaccine Handling and Storage

A yellow poster for use in clinics to inform employees of proper vaccine handling and storage procedures, includes information on DTP, Td, MMR, OPV, IPV and Influenza. Poster is 11" x 14". Formerly titled "Recommendations for Handling and Storage of Biologicals."

Languages: English

Revised: **2002** Type: **poster** # of Pages: **1** Price: **free** Limit: **none**

DOH #:
Pub 348-003

Vaccine Information Statement - DTaP (Diphtheria, Tetanus and Pertussis)

Offers information on the diseases and vaccine. There is no limit for this publication in English, Spanish, Russian, and Vietnamese. All other available languages may be found online at: <http://www.immunize.org/vis/>.

Languages: English, Spanish

Revised: **2001** Type: **fact sheet** # of Pages: **1, 2-sided** Price: **free** Limit: **none**

DOH #:
Pub 348-036

Vaccine Information Statement - FLU (Influenza)

Offers information on the disease and vaccine. There is no limit for this publication in English, Spanish, Russian, and Vietnamese. All other available languages may be found online at: <http://www.immunize.org/vis/>.

Languages: English, Russian, Spanish, Vietnamese

Revised: **2004** Type: **fact sheet** # of Pages: **1, 2-sided** Price: **free** Limit: **none**

Immunization

DOH #:
Pub 348-041

Vaccine Information Statement - Hepatitis A

Offers information on the disease and vaccine. There is no limit for this publication in English, Spanish, Russian, and Vietnamese. All other available languages may be found online at: <http://www.immunize.org/vis/>.

Languages: English, Russian, Spanish, Vietnamese

Revised: **1998** Type: **fact sheet** # of Pages: **1, 2-sided** Price: **free** Limit: **none**

DOH #:
Pub 348-024

Vaccine Information Statement - Hepatitis B

Replaces "Important Information Statement - Hep B". Offers information on the disease and the vaccine. There is no limit for this publication in the English, Russian, Spanish and Vietnamese versions. All other available languages may be found online at: <http://www.immunize.org/vis/>.

Languages: English, Russian, Spanish, Vietnamese

Revised: **2001** Type: **fact sheet** # of Pages: **1, 2-sided** Price: **free** Limit: **none**

DOH #:
Pub 348-007

Vaccine Information Statement - HIB (Haemophilus Influenzae Type B)

Offers information on the disease and vaccine. There is no limit for this publication in English, Spanish, Russian, and Vietnamese. All other available languages may be found online at: <http://www.immunize.org/vis/>.

Languages: English, Russian, Spanish, Vietnamese

Revised: **1998** Type: **fact sheet** # of Pages: **1, 2-sided** Price: **free** Limit: **none**

DOH #:
Pub 348-004

Vaccine Information Statement - IVP/OPV (Polio)

Offers information on the disease and vaccine. There is no limit for this publication in English, Spanish, Russian, and Vietnamese. All other available languages may be found online at: <http://www.immunize.org/vis/>.

Languages: English, Russian, Spanish, Vietnamese

Revised: **2000** Type: **fact sheet** # of Pages: **1, 2-sided** Price: **free** Limit: **none**

DOH #:
Pub 348-005

Vaccine Information Statement - MMR (Measles, Mumps, and Rubella)

Offers Information on the diseases and vaccine. There is no limit for this publication in English, Spanish, Russian, and Vietnamese. All other available languages may be found online at: <http://www.immunize.org/vis/>.

Languages: English, Russian, Spanish, Vietnamese

Revised: **2003** Type: **fact sheet** # of Pages: **1, 2-sided** Price: **free** Limit: **none**

Immunization

DOH #:
Pub 348-011

Vaccine Information Statement - PNEU (Pneumococcal)

Offers information on the disease and vaccine. There is no limit for this publication in English, Spanish, Russian, and Vietnamese. All other available languages may be found online at:
<http://www.immunize.org/vis/>.

Languages: English, Russian, Spanish, Vietnamese

Revised: **1997** Type: **fact sheet** # of Pages: **1, 2-sided** Price: **free** Limit: **none**

DOH #:
Pub 348-038

Vaccine Information Statement - Td (Tetanus and Diphtheria)

Offers information on the diseases and vaccine. There is no limit for this publication in English, Spanish, Russian, and Vietnamese. All other available languages may be found online at:
<http://www.immunize.org/vis/>.

Languages: English, Russian, Spanish, Vietnamese

Revised: **1994** Type: **fact sheet** # of Pages: **1, 2-sided** Price: **free** Limit: **none**

DOH #:
Pub 348-042

Vaccine Information Statement - VIS (Varicella/Chickenpox)

Offers information on the disease and vaccine. There is no limit for this publication in English, Spanish, Russian, and Vietnamese. All other available languages may be found online at:
<http://www.immunize.org/vis/>.

Languages: English, Russian, Spanish, Vietnamese

Revised: **1998** Type: **fact sheet** # of Pages: **1, 2-sided** Price: **free** Limit: **none**

DOH #:
Pub 347-007

Viral Hepatitis

Discusses transmission, risks and prevention of hepatitis A, B & C. Also available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=252.

Languages: English, Spanish

Revised: **1998** Type: **brochure** # of Pages: **4** Price: **free** Limit: **n/a**

DOH #:
Pub 348-046

What Asians and Pacific Islanders Need to Know About Hepatitis B

Discusses hepatitis B, its transmission, the need for Asians and Pacific Islanders to get tested for hepatitis B, and reasons to get the hepatitis B vaccine series if they are susceptible. Available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=277.

Languages: Cambodian, Chinese, English, Korean, Laotian, Samoan, Tagalog, Vietnamese

Revised: **1998** Type: **brochure** # of Pages: **1, 2-sided** Price: **free** Limit: **none**

Immunization

DOH #:
Pub 347-040

What Parents Need to Know About Hepatitis B

Discusses hepatitis B and the hepatitis B vaccine requirements for children born after September 1, 1991 in school, preschool and childcare. No longer available in paper form. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=293.

Languages: English

Revised: **1999**

Type: **brochure**

of Pages: **6**

Price: **free**

Limit: **none**

DOH #:
Pub 348-075

Why Are Immunizations Important

Describes key facts for people of all ages on the importance of immunizations. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=234.

Languages: English

Revised: **2001**

Type: **brochure**

of Pages: **1, 2-sided**

Price: **free**

Limit: **none**

Injury and Violence Prevention

DOH #:
Pub 341-EX

A Parent's Guide to Recognizing and Treating Depression in Your Child

Describes what to look for, what a parent can do if a child has the warning signs, treatment options, why depression is sometimes missed in children, how to help your older child help a depressed friend, what a parent can do if a child talks about suicide, and resources for further help. Due to financial limitations, no out-of-state orders can be filled for this material. Available online on the Youth Suicide Prevention web site, at: <http://www.yspp.org/publicAwareness/parents/ParentGuideToDepression.pdf>.
Languages: English

Revised: **2003** Type: **booklet** # of Pages: **20** Price: **free** Limit: **150**

DOH #:
Pub 341-006

Check For Safety: A Home Fall Prevention Checklist for Older Adults

Targeted to older adults. Lists a checklist of hazards found in each room of a home. For each hazard there are clear options for how to fix the problem. Also includes other tips for preventing falls. The text is easy to read with large print, and in a question and answer format.
Languages: English

Revised: **2001** Type: **booklet** # of Pages: **12** Price: **free** Limit: **200**

DOH #:
Pub 341-CRIB

Is Your Baby's Crib Safe?

Warns parents of the dangers with second hand baby products that may have been recalled. Encourages parents and care givers to check for recalled products in their home. Provides the Consumer Product Safety Commission's phone number and web site. Not available from the DOH warehouse. Only available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=261.
Languages: English, Spanish

Revised: **2001** Type: **handout** # of Pages: **1** Price: **free** Limit: **N/A**

DOH #:
Pub 345-151

Friends By The Hand – Orange Poster

Youth Suicide Prevention. Will not reprint once the supply is exhausted at the warehouse. Due to financial limitations, no out-of-state orders can be filled for this material.

Languages: English

Revised: **2000** Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

DOH #:
Pub 345-152

Friends By The Hand – Yellow/Blue Poster

Youth Suicide Prevention Poster Due to financial limitations, no out-of-state orders can be filled for this material.

Languages: English

Revised: **2000** Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

Injury and Violence Prevention

DOH #:
Pub 345-153

H.E.L.P. - Help Every Living Person

Yellow and blue poster - Youth Suicide Prevention Posters. Will not reprint or restock once the current supply is exhausted. Due to financial limitations, no out-of-state orders can be filled for this material.

Languages: English

Revised: 2004

Type: **poster**

of Pages: 1

Price: **free**

Limit: 25

DOH #:
Pub 910-NA

Is Your Child's Highchair Safe?

Warning for parents and care givers providers of the dangers with second hand baby products that may have been recalled. Encourages parents and care givers to check for recalled products in their home. Provides the Consumer Product Safety Commission's phone number and web site. Only available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=350.

Languages: English

Revised:

Type: **flyer**

of Pages:

Price:

Limit:

DOH #:
Pub 341-NA

Is Your Child's Playpen Safe?

Warning for parents and care givers providers of the dangers with second hand baby products that may have been recalled. Encourages parents and care givers to check for recalled products in their home. Provides the Consumer Product Safety Commission's phone number and web site. Only available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=351.

Languages: English, Spanish

Revised:

Type: **flyer**

of Pages:

Price:

Limit:

DOH #:
Pub 334-067

Point Wells Oil Spill Fact Sheet Health Questions and Answers

This fact sheet answers some frequently asked health questions about the Point Wells Oil Spill. You can request a paper copy by calling the Office of Environmental Health Assessments, at 1-877-485-7316. Available online at:

http://www.doh.wa.gov/ehp/oehas/fact%20sheets%20pdf/point_wells_qa_040422final.pdf.

Languages: English

Revised: 2004

Type: **fact sheet**

of Pages: 2

Price: **free**

Limit: 100

DOH #:
Pub 333-050

Prevent Mercury Spills

Gives tips on handling mercury spills, and ways to dispose of mercury waste responsibly. Available online at: <http://www.ecy.wa.gov/pubs/0203048.pdf>.

Languages: English

Revised: 2002

Type: **brochure**

of Pages: 4

Price: **free**

Limit: 50

Injury and Violence Prevention

DOH #:
Pub 333-056

Preventing Drug Labs on Rental Property

8 x 11 inches, 2-sided, 2-color. Gives practical suggestions for landlords on how to prevent their rental property from being used as a drug lab. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=352.

Languages: English

Revised: Type: **brochure** # of Pages: **1, 2-sided** Price: Limit:

DOH #:
Pub 333-055

Preventing Drug Labs on Motel Property

8.5 x 11 inches, 2-sided, 2-color brochure which gives helpful tips on how to prevent the use of hotel rooms as a drug lab. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=353.

Languages: English

Revised: Type: **brochure** # of Pages: Price: Limit:

DOH #:
Pub 345-154

Suicide Prevention

Band-Aids over Mouth - Yellow Poster - Youth Suicide Prevention Poster. Due to financial limitations, no out-of-state orders can be filled for this material.

Languages: English

Revised: **2000** Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

DOH #:
Pub 341-003

Watch for Signs: Stop Youth Suicide

Available at the DOH warehouse. Due to financial limitations, no out-of-state orders can be filled for this material. Also available at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=294.

Languages: English, Spanish

Revised: **2000** Type: **brochure** # of Pages: **4** Price: **free** Limit: **200**

DOH #:
Pub 345-195Ex

What Every Teacher Should Know about Preventing Youth Suicide

This brochure is an easy-to-understand guide for teachers and other school personnel to help prevent youth suicide. It provides information on warning signs, talking with families, and what the role of the teacher can be in this critical time of an adolescent's life. Due to financial limitations, no out-of-state orders can be filled for this material.

Languages: English

Revised: **2001** Type: **brochure** # of Pages: **2** Price: **free** Limit: **200**

Injury and Violence Prevention

DOH #:
Pub 341-005

What You Can Do To Prevent Falls

Targeted towards older adults. A brief overview of things to do to reduce the risk of falls: including exercise, home safety tips, medication review, and regular vision exams. Printed with large font so it is easier to read.

Languages: English

Revised: 2001

Type: brochure

of Pages: 2

Price: free

Limit: 200

DOH #:
Pub 910-121

what's up? - Information for Adults Who Care About Teens - Depression and Suicide

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:**

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=341. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-122

what's up? - Information for Adults Who Care About Teens - Intentional Injuries

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:**

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=342. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-123

what's up? - Information for Adults Who Care About Teens - Unintentional Injuries

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:**

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=343. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

Injury and Violence Prevention

DOH #:
Pub 341-002

Youth Suicide Prevention Plan for Washington State: Executive Summary

Summary of Youth Suicide Prevention Plan, published in January 1995. Identifies problem of youth suicide in Washington, prevention goals, and recommended program strategies. Not available through the warehouse. Call (360) 236-3675 for copies. Available online at:

http://www.yspp.org/aboutYSPP/reports/Wa_plan.pdf.

Languages: English

Revised: **1995**

Type: **booklet**

of Pages: **9**

Price: **free**

Limit: **10**

Lice

DOH #:
Pub 347-004

Facts of Lice

This publication will be discontinued once supply is gone. Easy to read information on lice infestation - how it is transmitted and treated.

Languages: English

Revised: **1990**

Type: **brochure**

of Pages: **2**

Price: **free**

Limit: **none**

DOH #:
Pub 130-033

Fight Lice!

Offers prevention and treatment alternatives, including non-chemical and commercial products. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=216.

Languages: English

Revised: **2000**

Type: **brochure**

of Pages: **2**

Price: **free**

Limit: **200**

Nutrition

DOH #:
Pub 961-178

55 Ways To Do 5 A Day

Variety of ideas on how to increase fruits and vegetables in your diet. Free to WIC/CFH contractors only. Others may purchase for \$0.03 each.

Languages: English

Revised: 2000 Type: **brochure** # of Pages: 1 Price: **see above** Limit: 250

DOH #:
Pub 304-009

A Babysitter's Guide to PKU

Explains the special diet needs of a child with phenylketonuria (PKU). Designed for care providers. Also available online at: <http://depts.washington.edu/pku/pdfs/babysitter.pdf>.

Languages: English

Revised: 1987 Type: **booklet** # of Pages: 8 Price: **free** Limit: 2

DOH #:
Pub 961-EX

A Nutrition Guide for Toddlers, 18 months to 3 Years Old

Covers dental care, nutrition, with a focus on the toddler food guide pyramid. Also describes the need for calcium, and ways to assure that a child has eaten enough calcium to sustain healthy growth.

Languages: English, Spanish

Revised: 2003 Type: **brochure** # of Pages: 1 Price: **.07¢ ea.** Limit: 100

DOH #:
Pub 962-924

Asian Food Poster Set

Set of 4 laminated color posters, one for each of the four food groups, with nutrient analysis on each poster. Provides visual aid for non-English speaking clients. Free to WIC/CFH contractors only. Others may purchase for \$17.00 a set.

Languages: English

Revised: 1992 Type: **poster** # of Pages: 4 Price: **see above** Limit: 1

DOH #:
Pub 961-151

Baby's First Cup

For parents teaching older infants to use a cup and prevention of Baby Bottle Tooth decay. Free to WIC/CFH contractors only. Others may purchase for \$0.04 each.

Languages: Cambodian, Chinese, English, Korean, Laotian, Russian, Spanish, Ukrainian, Vietnamese

Revised: 1994 Type: **brochure** # of Pages: 1 Price: **see above** Limit: 250

Nutrition

DOH #:
Pub 961-171

Baby Teeth 2 - First Dental Visit with Sam Smile

A 10 minute video preparing parents for their child's dental visit. Free to WIC/CFH contractors, limit one per clinic. Others may purchase for \$35.00 from Washington Association of Local WIC Agencies, 16901 76th Avenue West, Edmonds, WA 98026.

Languages: English

Revised: 1997

Type: video

of Pages: NA

Price: see above

Limit: 1 per clinic

DOH #:
Pub 961-159

Baby Teeth: Love 'em or Lose 'em

An 18 minute humorous video on the importance of caring for baby teeth. Free to WIC/CFH contractors only. Others may purchase for \$10.00 each.

Languages: English, Spanish

Revised: 1997

Type: video

of Pages: NA

Price: see above

Limit: 1

DOH #:
Pub 961-190

Be a Healthy Mom

Information about the Food Guide Pyramid with serving sizes, 10 tips for being a healthy postpartum mom, and information for the pregnant woman. Free to WIC/CFH contractors only. Others may purchase for \$0.13 each. Also available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=384.

Languages: English, Spanish

Revised:

Type: pamphlet

of Pages: 3

Price: .13¢ ea.

Limit: 250

DOH #:
Pub 961-218

Beans - Are you a Bean-ginner?

11 x 17 inches. Promotes the easy and delicious bean recipes found in *The Bold and Beautiful Book of Bean Recipes*. Free to WIC and CFH contractors only. Others may purchase for \$0.84 each. Also available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=366

Languages: English

Revised: 2004

Type: poster

of Pages: 1

Price: see above

Limit: 5

DOH #:
Pub 961-220

Beans - Are You Well-Seasoned?

11 x 17 inches. Promotes the recipes found in *The Bold and Beautiful Book of Bean Recipes*. Free to WIC and CFH contractors only. Others may purchase for \$1.00 each. Also available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=368

Languages: English

Revised: 2004

Type: poster

of Pages: 1

Price: see above.

Limit: 5

Nutrition

DOH #:
Pub 961-217

Beans - They're What's for Dinner!

11 x 17 inches. Promotes *The Bold and Beautiful Book of Bean Recipes*. Free to WIC and CFH contractors only. Others may purchase for \$0.84 each. Also available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=365.

Languages: English

Revised: 2004

Type: poster

of Pages: 1

Price: see above

Limit: 5

DOH #:
Pub 930-102

Before You Get Pregnant: Planning is the Key

9x14 brochure. Lists how to avoid the risks of birth defects and pregnancy problems before and during pregnancy. Call 360-236-3552 for price. Available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=349.

Languages: English, Spanish

Revised: 2000

Type: brochure

of Pages: 1

Price: free

Limit: 100

DOH #:
Pub 962-926C

Broccoli

Buying and storing broccoli, nutritional information and recipes. Free to WIC/CFH contractors only. Others may purchase for \$0.03 each.

Languages: English

Revised:

Type: handout

of Pages: 1

Price: see above

Limit: 250

DOH #:
Pub 961-241

Build Strong Families

Promotional Flyer is companion piece of the Family Meals materials series. This flyer can be used to help promote/announce the clinic's upcoming group session on building strong families through family meals. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: 2004

Type: flyer

of Pages: 1

Price: see above

Limit: 500

DOH #:
Pub 961-228

Building on Success

Interactive handout is companion piece of the Family Meals materials series, which includes posters and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to eating together as a family. This interactive handout gives clients ideas on how to continue to eat together as a family and make mealtime a positive experience. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.18 each.

Languages: English, Spanish

Revised: 2004

Type: handout

of Pages: 2

Price: see above

Limit: 500

Nutrition

DOH #:
Pub 961-149

Changing Your Baby To A New Formula

Information on switching infants to a new infant formula. Recommendations on correct mixing and feeding while changing formulas. Free to WIC/CFH contractors only. Others may purchase for \$0.03 each.

Languages: English, Spanish

Revised: Type: **brochure** # of Pages: **1** Price: **see above** Limit: **250**

DOH #:
Pub 304-006

Chef Lophe's Phe-Nominal Cookbook

"Chef LoPhe" provides recipes for preparing 16 low-protein dishes. For school age children with Phenylketonuria (PKU). Useful for child care providers of children with PKU. More information and publications are available on the web site: <http://www.doh.wa.gov/ehsphi/ph/newborn/reports.htm>

Languages: English

Revised: **1988** Type: **booklet** # of Pages: **32** Price: **free** Limit: **1**

DOH #:
Pub 961-GROW

Children Growing Healthy

Contains healthy snack and activity ideas, which teach confidence and a healthy lifestyle. Free to WIC/CFH contractors only. Others may purchase for \$0.44 each.

Languages: English, Spanish

Revised: **1998** Type: **booklet** # of Pages: **6** Price: **see above** Limit: **100**

DOH #:
Pub 961-230

Conversation

Bookmark is companion piece of the Family Meals materials series, which includes posters and interactive handouts. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to eating together as a family. This bookmark provides information on one of the important components of family meals (good conversation) and gives ideas on what to try during mealtime. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.17 each.

Languages: English, Spanish

Revised: **2004** Type: **bookmark** # of Pages: **1, 2-sided** Price: **see above** Limit: **500**

DOH #:
Pub 962-109

Eat Five Servings a Day the Washington Way

Information on types of produce, how much to buy and how long fruits and vegetables stay fresh. Includes serving sizes for selecting five fruits and vegetables a day. Free to WIC/CFH contractors only. Others may purchase for \$0.03 each.

Languages: English

Revised: 2004 Type: **brochure** # of Pages: **1** Price: **.03¢ ea.** Limit: **250**

Nutrition

DOH #:
Pub 961-243

Eat Together Eat Better

Banner is companion piece of the Family Meals materials series. This banner has the key message about family meals ("Eat Together, Eat Better") and can be used in the clinic to help reinforce the message. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$2.24 each.

Languages: English

Revised: 2004

Type: **banner**

of Pages: **NA**

Price: **\$2.24 ea.**

Limit: **10**

DOH #:
Pub 961-240

Eating Well

Promotional Flyer is companion piece of the Family Meals materials series. This flyer can be used to help promote/announce the clinic's upcoming group session on eating together as a family. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: 2004

Type: **flyer**

of Pages: **1**

Price: **see above**

Limit: **500**

DOH #:
Pub 961-226

Enjoy Eating Together

Poster is companion piece of the Family Meals materials series, which includes interactive handouts and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients on behavior change by identifying motivators and barriers to eating together as a family. This poster provides tips on what families can do to have fun during mealtime. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$3.77 each.

Languages: English, Spanish

Revised: 2004

Type: **poster**

of Pages: **1**

Price: **see above**

Limit: **10**

DOH #:
Pub 961-235

Excited Children

Bookmark is companion piece of the Family Meals materials series, which includes posters and interactive handouts. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to eating together as a family. This bookmark provides information on one of the important components of family meals (children more excited about eating when they help with mealtime) and gives ideas on how children can help along with a recipe. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.17 each.

Languages: English, Spanish

Revised: 2004

Type: **bookmark**

of Pages: **1, 2-sided**

Price: **see above**

Limit: **500**

Nutrition

DOH #:
Pub 961-EX

Exercise

Describes easy exercise ideas and energizing snack suggestions for pregnancy. Free to WIC/CFH contractors only. Others may purchase for \$0.14 each.

Languages: English

Revised: **1997**

Type: **brochure**

of Pages: **1**

Price: **see above**

Limit: **100**

DOH #:
Pub 961-242

Family Meal WIC Group Session

Group Session Evaluation is companion piece of the Family Meals materials series. This evaluation form can be given to clients who attend a family meals group session to help the clinic staff evaluate the effectiveness of the session. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: **2004**

Type: **flyer**

of Pages: **1**

Price: **see above**

Limit: **500**

DOH #:
Pub 961-245

Family Meals Module Staff Training Notebook: Eat Together, Eat Better

Staff Training Notebook is companion piece of the Family Meals materials series. This notebook provides information on how to successfully implement the Family Meals module in their clinic. The notebook provides samples of the promotional materials; group sessions lesson plans; staff training overheads; information on "stages of change" and social marketing; staff newsletters; and additional resources. It is recommended that staff first order this notebook to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$5.00 each.

Languages: English

Revised: **2004**

Type: **notebook**

of Pages: **200**

Price: **see above**

Limit: **10**

DOH #:
Pub 961-222

Family Meals Teach Children Social Skills

Poster is companion piece of the Family Meals materials series, which includes interactive handouts and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients on behavior change by identifying motivators and barriers to eating together as a family. This poster provides information on rules that may help families to have during mealtime. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$3.77 each.

Languages: English, Spanish

Revised: **2004**

Type: **poster**

of Pages: **1**

Price: **see above**

Limit: **10**

Nutrition

DOH #:
Pub 961-200

Feeding Your 1 to 5 Year Old - Building Good Habits

Booklet for parents that discusses the what, when and where of feeding a toddler or preschooler. Based on work of Ellyn Satter. No longer available in print form from the DOH warehouse. Only available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=208.

Languages: English, Spanish

Revised: **1996**

Type: **booklet**

of Pages: **16**

Price:

Limit:

DOH #:
Pub 961-187

Feeding Your 1 to 2 Year Old

Provides the Food Guide Pyramid with appropriate serving sizes and a sample menu for the young child. Also includes ideas for food choices for the 1 to 2 year old and suggestions for making meal times happy. Free to WIC/CFH contractors only. Others may purchase for \$0.13 each. Also available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=381.

Languages: English, Spanish

Revised:

Type: **pamphlet**

of Pages: **3**

Price: **see above**

Limit: **250**

DOH #:
Pub 961-188

Feeding Your 3 to 5 Year Old

Provides the Food Guide Pyramid with serving sizes for the 3 to 5 year old. A sample menu is included, with ideas on how to get children interested in eating healthy foods. Free to WIC/CFH contractors only. Others may purchase for \$0.13 each. Also available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=382.

Languages: English, Spanish

Revised:

Type: **pamphlet**

of Pages: **3**

Price: **see above.**

Limit: **250**

DOH #:
Pub 961-186

Feeding Your Baby 6 to 12 Months

Provides a chart for guidelines to use when introducing foods to the older baby, including age-appropriate development. Additional information on food safety, allergic reactions to food and dental care. Free to WIC/CFH contractors only. Others may purchase for \$0.13 each. Also available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=380.

Languages: English, Spanish

Revised:

Type: **pamphlet**

of Pages: **3**

Price: **see above**

Limit: **250**

DOH #:
Pub 961-201

Feeding Your Baby Birth to 6 Months

Fold-out brochure with information on baby's cues, breastfeeding, formula feeding, waiting to start solid foods, food safety, and introduction to infant cereal. Unfolds to make an 11" x 17" poster. Free to WIC/CFH contractors only. Others may purchase for \$0.08 each.

Languages: English, Spanish

Revised: **2002**

Type: **brochure**

of Pages: **1**

Price: **see above**

Limit: **300**

Nutrition

DOH #:
Pub 961-185

Feeding Your Baby Birth to 8 Months

Provides guidelines for introducing foods to infants, along with their developmental capabilities. Additional information about baby's cues, food safety and allergic reactions. Free to WIC/CFH contractors only. Others may purchase for \$0.09 each. Available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=379.

Languages: English, Spanish

Revised: Type: **pamphlet** # of Pages: **2** Price: **see above** Limit: **250**

DOH #:
Pub 951-UWPKU-1

Finger Foods are Fun!

Recipes for people with PKU.

Languages: English

Revised: **1997** Type: **booklet** # of Pages: **8** Price: **free** Limit: **2**

DOH #:
Pub 961-202

Fish Facts For Good Health

Encourages eating fish as part of a healthy diet, and warns about mercury levels in some fish, including tuna. Gives guidelines for choosing fish that is low in mercury. Free to WIC contractors. Others may purchase for \$0.08 each. Also available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=287

Languages: Arabic, Cambodian, Chinese, English, Korean, Russian, Somali, Spanish, Vietnamese

Revised: **2002** Type: **brochure** # of Pages: **4** Price: **see above** Limit: **none**

DOH #:
Pub 961-162

Food Guide Pyramid

Fold-out pamphlet of food guide pyramid, depicting more traditional foods. Free to WIC/CFH contractors only. Others may purchase for \$0.20 each.

Languages: Chinese, English, Vietnamese, Tigrigna

Revised: **1997** Type: **brochure** # of Pages: **1** Price: **see above** Limit: **100**

DOH #:
Pub 961-162

Food Guide Pyramid Brochure - East African

Fold-out brochure of the Food Guide Pyramid with culturally appropriate graphics. Translated into four East African languages (Tigrigna, Amharic, Oromiffaa, and Somali) Free to WIC/CFH contractors only. Others may purchase for \$0.20 each.

Languages: Amharic, Somali, Tigrigna

Revised: Type: **brochure** # of Pages: **1** Price: **see above** Limit: **100**

Nutrition

DOH #:
Pub 961-174

Food Guide Pyramid Brochure - Native American

Fold-out pamphlet of Food Guide Pyramid depicting more traditional foods of Pacific Northwest Native Americans. Free to WIC/CFH contractors only. Others may purchase directly from the publisher for \$0.38 each.

Languages: English

Revised: **1996** Type: **brochure** # of Pages: **1** Price: **see above** Limit: **250**

DOH #:
Pub 962-117

Food Guide Pyramid Brochure - Russian, East European

Eastern European/Russian language food pyramid brochure with culturally appropriate graphics. Free to WIC/CFH contractors only. If ordered by others, please see payment information.

Languages: Russian

Revised: **1998** Type: **brochure** # of Pages: **1** Price: **see note** Limit: **100**

DOH #:
Pub 962-161

Food Guide Pyramid Poster - East African

Poster, 18" x 24" of Food Guide Pyramid with culturally appropriate graphics. Translated into four east African Languages (Tigrigna, Amharic, Oromiffaa, and Somali). Free to WIC/CFH contractors only. Others may purchase for \$5.00 each.

Languages: Amharic, Oromiffaa, Somali

Revised: Type: **poster** # of Pages: **1** Price: **see above** Limit: **5**

DOH #:
Pub 961-175

Food Guide Pyramid Poster - Native American

Poster, 28 x 21", depicting the Food Guide Pyramid with culturally appropriate foods for Pacific Northwest Native Americans. Free to WIC/CFH contractors only. Others may purchase for \$14.50 each directly from the publisher: Yakima Indian WIC Program 401 Buster Rd, Toppenish, WA 98948, 509-865-1713.

Languages: English

Revised: **1997** Type: **poster** # of Pages: **1** Price: **see above** Limit: **5**

DOH #:
Pub 962-107

Food Guide Pyramid Poster - Russian, East European

Poster, 20 x 25", in Russian, depicting the Food Guide Pyramid with culturally appropriate foods. Free to WIC/CFH contractors only. Others may purchase for \$5.00 each.

Languages: English, Russian

Revised: **1997** Type: **poster** # of Pages: **1** Price: **see above** Limit: **2**

Nutrition

DOH #:
Pub 961-157

Food Guide Pyramid Poster- Asian "Eat a Variety of Foods"

Poster of the Food Guide Pyramid , depicting more traditional foods. Written in English, Vietnamese and Chinese. Free to WIC/CFH contractors only. Others may purchase for \$0.11 each.

Languages: Chinese, English, Vietnamese

Revised: **1997** Type: **poster** # of Pages: **1** Price: **see above** Limit: **100**

DOH #:
Pub 333-005

Food Safety and Nutrition to Help Prevent Lead Poisoning in Children

Brochure for parents on nutritional ways to lower a child's risk of lead poisoning. Includes tips for reducing the risk of exposure to lead in the home. Available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=220.

Languages: Cambodian, Chinese, English, Laotian, Russian, Spanish, Vietnamese

Revised: **2001** Type: **brochure** # of Pages: **4** Price: **free** Limit: **10**

DOH #:
Pub 304-008

Games That Teach - Learning by Doing for Preschoolers with PKU

This booklet is a tool for care providers of young children with phenylketonuria (PKU) to help teach them about their disorder. It offers different games to teach children about their special diet and what foods are "yes foods". Each game offers an appropriate age, objective, method, and illustration.

Languages: English

Revised: **1987** Type: **booklet** # of Pages: **12** Price: **free** Limit: **2**

DOH #:
Pub 961-146

Gestational Diabetes

Provides general dietary guidelines for women with gestational diabetes. Free to WIC/CFH contractors only. Others may purchase for \$0.15 each.

Languages: English

Revised: **1992** Type: **brochure** # of Pages: **4** Price: **see above** Limit: **250**

DOH #:
Pub 961-191

Give Your Baby a Healthy Start

Provides information on the Food Guide Pyramid with serving sizes, weight gain, smoking, exercise and breastfeeding information for the pregnant woman. Free to WIC/CFH contractors only. Others may purchase for \$0.13 each. Also available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=385.

Languages: English, Spanish

Revised: Type: **pamphlet** # of Pages: **3** Price: **see above** Limit: **250**

Nutrition

DOH #:
Pub 961-EAT

Guide to Good Eating

Describes suggested serving sizes for a healthy diet. Free to WIC/CFH contractors only. Others may purchase for \$0.15 each.

Languages: English, Spanish

Revised: 1999

Type: **brochure**

of Pages: 1

Price: **see above**

Limit: **100**

DOH #:
Pub 961-192

Healthy Choices for Kids

Provides ideas for healthy snacks, active play, better choices at fast food restaurants and "junk food" awareness. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each. Also available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=386

Languages: English, Spanish

Revised:

Type: **brochure**

of Pages: 1

Price: **see above**

Limit: **250**

DOH #:
Pub 961-274

Homemade Baby Food: Just Make It

Reviews what is needed for making homemade baby foods. Includes guidelines for making and storing the food safely. Free to WIC/CFH contractors only. Others may purchase for \$0.37 each.

Languages: English, Russian, Spanish

Revised: 1997

Type: **brochure**

of Pages: 1

Price: **see above**

Limit: **100**

DOH #:
Pub 961-117

How Much Weight Should I Gain?

Recommendations for weight gain during pregnancy, including information on daily food choices for pregnancy using the food guide pyramid. Free to WIC/CFH contractors only. Others may purchase for \$0.15 each.

Languages: English

Revised: 1995

Type: **brochure**

of Pages: 4

Price: **see above**

Limit: **250**

DOH #:
Pub 961-173

How WIC Helps

Information about the WIC program, including WIC foods, nutrition information for pregnant women, children and infants. Includes breastfeeding. Free to WIC/CFH contractors only. If ordered by others, see payment information.

Languages: English

Revised: 1994

Type: **brochure**

of Pages: 10

Price: **free**

Limit: **250**

Nutrition

DOH #:
Pub 961-229

Ideas for Family Meals

Interactive handout is companion piece of the Family Meals materials series, which includes posters and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to eating together as a family. This interactive handout helps clients to identify the different ideas listed in the handout that may help them to make family meals easier. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.18 each.

Languages: English, Spanish

Revised: **2004** Type: **handout** # of Pages: **2** Price: **see above** Limit: **500**

DOH #:
Pub 961-138

Infant Formula Preparation from Concentrated Liquid

Pictures show the proper way to mix concentrated formula through the use of pictures. Free to WIC/CFH contractors only. Others may purchase for \$0.15 each.

Languages: Chinese, English, Laotian, Vietnamese

Revised: Type: **fact sheet** # of Pages: **1** Price: **see above** Limit: **250**

DOH #:
Pub 961-141

Introducing Foods the Family Eats

For parents of older infants who are able to sit independently, reach and grab things, and take sips from a cup. Provides dietary guidelines for transitioning from strained baby foods to table foods. Free to WIC/CFH contractors only. Others may purchase for \$0.12 each.

Languages: English

Revised: **1989** Type: **brochure** # of Pages: **6** Price: **see above** Limit: **250**

DOH #:
Pub 961-194

Iron for Strong Blood

Provides a list of iron sources, Vitamin C's role with iron, why the body needs iron, and baby's need for iron. Free to WIC/CFH contractors only. Others may purchase for \$0.13 each. Also available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=387.

Languages: English, Spanish

Revised: Type: **brochure** # of Pages: **3** Price: **see above** Limit: **250**

DOH #:
Pub 962-937

Just For Grandparents

Folded brochure, 2-sided. Tells how grandparents can support the new mother in breastfeeding. Free to WIC and CFH contractors. Others may purchase for \$0.15 each. The Spanish brochure is Pub 962-937Spanish.

Languages: English, Spanish

Revised: **2003** Type: **brochure** # of Pages: **1, 2-sided** Price: **see above** Limit: **100**

Nutrition

DOH #:
Pub 961-223

Kids Like to Help at Mealtime

Poster is companion piece of the Family Meals materials series, which includes interactive handouts and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients on behavior change by identifying motivators and barriers to eating together as a family. This poster provides information on the different ways children can help with mealtime. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$3.77 each.

Languages: English, Spanish

Revised: 2004

Type: poster

of Pages: 1

Price: see above

Limit: 10

DOH #:
Pub 961-197

Lactose or Dairy Intolerance

Describes the signs and symptoms of lactose intolerance. Provides lists of non-dairy sources of calcium. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=390.

Languages: English, Spanish

Revised: 2000

Type: brochure

of Pages: 1

Price: see above

Limit: 100

DOH #:
Pub 961-160

Lift the Lip

A five minute video showing how caregivers can check young children for baby bottle tooth decay. Free to WIC/CFH contractors only. Others may purchase for \$7.00 each. Volume price break available.

Languages: English, Spanish

Revised:

Type: video

of Pages: NA

Price: see above.

Limit: 1

DOH #:
Pub 961-244

Make a Merry Mealtime

Coloring materials are companion piece of the Family Meals materials series. This material provides simple messages about family meals that can be used with children. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. If ordered by others, please see payment information

Languages: English

Revised: 2004

Type: coloring
sheets

of Pages: 8

Price: free

Limit: none

Nutrition

DOH #:
Pub 961-224

Make Family Meals Happen Plan Ahead

Poster is companion piece of the Family Meals materials series, which includes interactive handouts and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients on behavior change by identifying motivators and barriers to eating together as a family. This poster provides information on the different ways families can plan ahead of time to make it easier to have family meals. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$3.77 each.

Languages: English, Spanish

Revised: 2004

Type: **poster**

of Pages: 1

Price: **see above**

Limit: 10

DOH #:
Pub 961-232

Making Meals Special

Bookmark is companion piece of the Family Meals materials series, which includes posters and interactive handouts. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to eating together as a family. This bookmark provides information on one of the important components of family meals (making meals special) and gives ideas on how to make mealtime special along with a recipe. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.17 each.

Languages: English, Spanish

Revised: 2004

Type: **bookmark**

of Pages: 1, 2-sided

Price: **see above**

Limit: 500

DOH #:
Pub 961-144

Nine Months to Get Ready

A month-to-month description of fetal development, changes to the pregnant woman's body and how to have a healthy pregnancy. Nutrition, examinations, common problems, weight gain, breast feeding, exercises, sex during pregnancy, and postpartum issues. Free to WIC/CFH contractors only. Others may purchase for \$2.10 each.

Languages: English, Spanish

Revised: 1997

Type: **booklet**

of Pages: 38

Price: **see above**

Limit: 250

DOH #:
Pub 961-234

Not Fancy Meals

Bookmark is companion piece of the Family Meals materials series, which includes posters and interactive handouts. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to eating together as a family. This bookmark provides information on one of the important components of family meals (meals do not have to be fancy, the focus is eating together) and gives ideas on quick menu ideas when busy to cook. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.17 each.

Languages: English, Spanish

Revised: 2004

Type: **bookmark**

of Pages: 1, 2-sided

Price: **see above**

Limit: 500

Nutrition

DOH #:
Pub 961-158

Nutrition Interventions for Children with Special Health Care Needs

A resource for registered dietitians and others who provide nutrition care for children with special health care needs. Addresses the complex needs related to growth, nutrition, and feeding, including sections on Determination of Nutrition Status, Problem-Based Nutrition Interventions, and Condition-Specific Nutrition Interventions. Free to WIC/CFH contractors only. Others may purchase for \$15.00 each. Also available online at: http://www.doh.wa.gov/cfh/mch/mch_publications.htm.

Languages: English

Revised: 2002

Type: manual

of Pages: 372

Price: see above

Limit: none

DOH #:
Pub 961-236

One Dish Skillet Meal

Supplemental material is companion piece of the Family Meals materials series. This material provides additional information on how families can get started with eating together along with easy skillet meal recipes. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: 2004

Type: flyer

of Pages: 1, 2-sided

Price: see above

Limit: 500

DOH #:
Pub DCOW

Osteoporosis - What Do You Need to Know

Encourages women and men to take better care of their bones to prevent osteoporosis by eating calcium-rich foods and getting plenty of exercise.

Languages: English, Spanish

Revised: 2000

Type: brochure

of Pages: 1

Price:

Limit: 50

DOH #:
Pub 962-926A

Peaches and Pears

Nutrient information, how to buy and store and recipes for using peaches and pears. Free to WIC/CFH contractors only. Others may purchase for \$0.03 each.

Languages: English

Revised:

Type: brochure

of Pages: 1

Price: see above

Limit: 250

DOH #:
Pub 961-238

Plan for Success

Supplemental material is companion piece of the Family Meals materials series. This material is weekly menu planning worksheet along with planning meal tips. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: 2004

Type: brochure

of Pages: 2

Price: see above

Limit: 500

Nutrition

DOH #:
Pub 961-231

Planning Ahead

Bookmark is companion piece of the Family Meals materials series, which includes posters and interactive handouts. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to eating together as a family. This bookmark provides information on one of the important components of family meals (planning meals ahead of time) and gives ideas on how to plan family meals along with a recipe. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.17 each.

Languages: English, Spanish

Revised: **2004** Type: **bookmark** # of Pages: **1, 2-sided** Price: **see above** Limit: **500**

DOH #:
Pub 332-008

Red Tide Marine Biotoxin Hotline

Describes paralytic shellfish poison risks. Gives hotline number. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=369

Languages: English

Revised: **2000** Type: **brochure** # of Pages: **1, 2-sided** Price: **free** Limit: **250**

DOH #:
Pub 961-195

Relief From Constipation

Lists some do's and don'ts around constipation, recommendations for infants and children, and a list of foods high in fiber. A sample menu is provided with ideas for high fiber snacks. Free to WIC/CFH contractors only. Others may purchase for \$0.13 each. Also available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=388.

Languages: English, Spanish

Revised: Type: **brochure** # of Pages: **2** Price: **see above** Limit: **250**

DOH #:
Pub 961-221

Set an Example for Good Nutrition

Poster is companion piece of the Family Meals materials series, which includes interactive handouts and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients on behavior change by identifying motivators and barriers to eating together as a family. This poster provides information on the decisions that parents and children need to make about what happens during mealtime. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$3.77 each.

Languages: English, Spanish

Revised: **2004** Type: **Poster** # of Pages: **1** Price: **see above** Limit: **10**

Nutrition

DOH #:
Pub 961-237

Shopping List

Supplemental material is companion piece of the Family Meals materials series. This material is healthy food shopping list along with shopping tips for how to have healthier meals. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: **2004** Type: **flyer** # of Pages: **1, 2-sided** Price: **see above** Limit: **500**

DOH #:
Pub 961-233

Slow Down and Get in Touch

Bookmark is companion piece of the Family Meals materials series, which includes posters and interactive handouts. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to eating together as a family. This bookmark provides information on one of the important components of family meals (getting in touch with family members) and gives ideas on how to get touch with family members during mealtime along with a recipe. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.17 each.

Languages: English, Spanish

Revised: **2004** Type: **bookmark** # of Pages: **1, 2-sided** Price: **see above** Limit: **500**

DOH #:
Pub 961-219

Beans - Sound Great?

11 x 17 inches. Promotes The Bold and Beautiful Book of Bean Recipes. Free to WIC and CFH contractors only. Others may purchase for \$1.00 each. Also available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=367

Languages: English

Revised: **2004** Type: **poster** # of Pages: **1** Price: **see above** Limit: **5**

DOH #:
Pub 961-225

Steps to a Happy Mealtime

Poster is companion piece of the Family Meals materials series, which includes interactive handouts and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients on behavior change by identifying motivators and barriers to eating together as a family. This poster provides information on the steps that will help with having a happy mealtime experience. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$3.77 each.

Languages: English, Spanish

Revised: **2004** Type: **poster** # of Pages: **1** Price: **see above** Limit: **10**

Nutrition

DOH #:
Pub 962-926B

Summer Squash

Information on nutrients, buying and storing information and recipes for using summer squash. Free to WIC/CFH contractors only. Others may purchase for \$0.03 each.

Languages: English

Revised: Type: **brochure** # of Pages: **1** Price: **see above** Limit: **250**

DOH #:
Pub 962-IDC

Taking Care of Gestational Diabetes

Provides information for achieving a healthy pregnancy with gestational diabetes. Free to WIC/CFH contractors only. Others may purchase directly from International Diabetes Center, 3800 Park Nicollet Blvd, Minneapolis, MN 55416-2699, 612-993-3393, www.idcpublishing.com.

Languages: English, Spanish

Revised: **1998** Type: **booklet** # of Pages: **23** Price: **n/a** Limit: **25**

DOH #:
Pub 961-134

Bold and Beautiful Book of Bean Recipes

Describes use and preparation of dried beans and peas. Includes recipes. Formerly the WIC Bean Book. 7" x 7". Free to WIC/CFH contractors only. Others may purchase for \$0.61 each. Also available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=364.

Languages: English

Revised: **2004** Type: **booklet** # of Pages: **64** Price: **see above** Limit: **250**

DOH #:
Pub 951-PKU

The Essentials Of PKU: For Young Adults with PKU and their Significant Others

An informational brochure for young adults with PKU and their significant others. Available online at: <http://depts.washington.edu/pku/essentials.html>.

Languages: English

Revised: **1993** Type: **brochure** # of Pages: **2** Price: **free** Limit: **4**

DOH #:
Pub 961-119

The First Twelve Months

Suggested time line for adding new foods during baby's first year. Free to WIC/CFH contractors only. Others may purchase for \$0.10 each.

Languages: English, Spanish

Revised: **1981** Type: **brochure** # of Pages: **24** Price: **see above** Limit: **250**

Nutrition

DOH #:
Pub 961-198

The Road to Healthy Behaviors for You and Your Child

How to keep your child active, suggestions for eating away from home, and general nutrition tips. Free to WIC/CFH contractors only. Others may purchase for \$0.04 each.

Languages: English

Revised: Type: **brochure** # of Pages: **1** Price: **see above** Limit: **250**

DOH #:
Pub 961-189

Time For a Cup 6 to 8 Months

Provides reasons why it is important to change the child to a cup, how to wean the child, and weaning tips around bedtime, breastfeeding and when you go out. Free to WIC/CFH contractors only. Others may purchase for \$0.13 each. Also available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=383.

Languages: English, Spanish

Revised: Type: **brochure** # of Pages: **3** Price: **see above** Limit: **250**

DOH #:
Pub 961-196

Tips for Feeding Young Kids

Provides ideas on what to do when a child refuses to eat certain foods, eats only one kind of food, or refuses to eat at all. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each. Also available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=389.

Languages: English, Spanish

Revised: Type: **brochure** # of Pages: **1** Price: **see above** Limit: **250**

DOH #:
Pub 961-239

Tips from Families

Client Feedback Card is companion piece of the Family Meals materials series. This card is can be filled out by clients to share their tips/ideas about family meals which can be displayed on bulletin boards to give families additional ideas. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.33 each.

Languages: English, Spanish

Revised: **2004** Type: **card** # of Pages: **1, 2-sided** Price: **see above** Limit: **500**

DOH #:
Pub 961-154

Twins Poster

Poster showing smiling five year old siblings, one with baby bottle tooth decay, one without. Available in two sizes, 17" x 25" (large) and 16" x 11" (small). Please state preference when ordering. Free to WIC/CFH contractors only. Others may purchase for \$5.00 (large) or \$3.00 (small).

Languages: English

Revised: Type: **poster** # of Pages: **1** Price: **see above** Limit: **5**

Nutrition

DOH #:
Pub 961-184

Vegetables

Ideas for preparing vegetables. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English

Revised: 2001

Type: flyer

of Pages: 1

Price: see above

Limit: 250

DOH #:
Pub 961-227

What is Most Important to You?

Interactive handout is companion piece of the Family Meals materials series, which includes posters and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to eating together as a family. This interactive handout helps clients to identify what is important to them about eating together as a family and gives ideas on how to overcome barriers to having family meals. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.18 each.

Languages: English, Spanish

Revised: 2004

Type: handout

of Pages: 2

Price: see above

Limit: 500

DOH #:
Pub 910-117

what's up? - Information for Adults Who Care About Teens – Adolescent Nutrition

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=331. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-116

what's up? - Information for Adults Who Care About Teens - Eating Disorders

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=337. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

Nutrition

DOH #:
Pub 962-106

WIC Outreach: Call WIC for Your Child's Good Health

WIC outreach poster: 17 x 25", with photos of women, infants and children. (962-106E for English, 962-106S for Spanish and 962-106R for Russian).

Languages: English, Russian, Spanish

Revised: 1996

Type: **poster**

of Pages: 1

Price: **free**

Limit: 25

DOH #:
Pub 962-108

WIC Outreach: Call WIC for Your Child's Health

WIC outreach poster 17X20 with drawings of families of different racial, ethnic backgrounds receiving WIC services.

Languages: English, Russian, Spanish, Vietnamese

Revised: 1996

Type: **poster**

of Pages: 1

Price: **free**

Limit: 25

DOH #:
Pub 962-911

WIC Outreach: Does He Come with Directions? - Large Poster

Pop art outreach poster for the WIC program has 1-800 WIC telephone line. Poster is 12 x 20 inches.

Languages: English, Spanish

Revised:

Type: **poster**

of Pages: 1

Price: **free**

Limit: 25

DOH #:
Pub 962-912

WIC Outreach: Does He Come with Directions? - Small Poster

Pop art outreach poster for the WIC program, has 1-800 WIC telephone line. Poster is 10 x 20 inches.

Languages: English, Spanish

Revised:

Type: **poster**

of Pages: 1

Price: **free**

Limit: 50

DOH #:
Pub 962-909

WIC Outreach: I Eat at Mom's! - African American

Pop art outreach poster for the WIC program aimed at African Americans, has 1-800 WIC telephone line. Poster is 12 x 20 inches.

Languages: English

Revised:

Type: **poster**

of Pages: 1

Price: **free**

Limit: 25

Nutrition

DOH #:
Pub 962-910

WIC Outreach: I Eat at Mom's! - African American

Pop art outreach poster for the WIC program aimed at African Americans, has 1-800 WIC telephone line. Poster is 10 x 20 inches.

Languages: English

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

DOH #:
Pub 962-916

WIC Outreach: I Eat at Mom's! - English

Pop art outreach poster for the WIC program, has 1-800 WIC telephone line. Poster is 10 x 12 inches.

Languages: English

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

DOH #:
Pub 962-915

WIC Outreach: I Eat at Mom's! - English

Pop art outreach poster for the WIC program, has 1-800 WIC telephone line. Poster is 12 x 20 inches.

Languages: English

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

DOH #:
Pub 962-921

WIC Outreach: I Eat at Mom's! - Hispanic

Pop art outreach poster for the WIC program, has 1-800 WIC telephone line. Poster is 12 x 20 inches.

Languages: English, Spanish

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

DOH #:
Pub 962-922

WIC Outreach: I Eat at Mom's! - Hispanic

Pop art outreach poster for the WIC program, has 1-800 WIC telephone line. Poster is 10 x 20 inches.

Languages: English, Spanish

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

Nutrition

DOH #:
Pub 962-917

WIC Outreach: I Eat at Mom's! - Native American

Pop art outreach poster for the WIC program, has 1-800 WIC telephone line. Poster is 12 x 20 inches.

Languages: English

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

DOH #:
Pub 962-920

WIC Outreach: I Eat at Mom's! - Southeast Asian

Pop art outreach poster for the WIC program, has 1-800 WIC telephone line. Poster is 10 x 12 inches.

Languages: English

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

DOH #:
Pub 962-919

WIC Outreach: I Eat at Mom's! - Southeast Asian

Pop art outreach poster for the WIC program, has 1-800 WIC telephone line. Poster is 20 x 12 inches.

Languages: English

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

DOH #:
Pub 962-905

WIC Outreach: I Never Skip Meals, I'm Eating for Two - Large Poster

Pop art outreach poster for the WIC program, has 1-800 WIC telephone line. Poster is 12 x 20 inches.

Languages: English

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

DOH #:
Pub 962-907

WIC Outreach: I Never Skip Meals, I'm Eating for Two - Native American - Large Poster

Pop art outreach poster for the WIC program aimed at Native Americans, has 1-800 WIC telephone line. Poster is 12 x 20 inches.

Languages: English

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

Nutrition

DOH #:
Pub 962-918

WIC Outreach: I Never Skip Meals, I'm Eating for Two - Native American - Small Poster

Pop art outreach poster for the WIC program aimed at Native Americans, has 1-800 WIC telephone line. Poster is 10 x 20 inches.

Languages: English

Revised:

Type: **poster**

of Pages: 1

Price: **free**

Limit: **25**

DOH #:
Pub 962-906

WIC Outreach: I Never Skip Meals, I'm Eating for Two - Small Poster

Pop art outreach poster for the WIC program, has 1-800 WIC telephone line. Poster is 10 x 20 inches.

Languages: English

Revised:

Type: **poster**

of Pages: 1

Price: **free**

Limit: **25**

Parenting

DOH #:
Pub 961-257

30-5-20

Bookmark is companion piece of the Family Physical Activity materials series, which includes posters and interactive handouts. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This bookmark provides information on one of the important components to physical activity (length/duration/frequency of physical activity for adults) and provides information on the outcomes adults will experience when active. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.17 each.
Languages: English, Spanish

Revised: **2004** Type: **bookmark** # of Pages: **1, 2-sided** Price: **see above** Limit: **500**

DOH #:
Pub 341-EX

A Parent's Guide to Recognizing and Treating Depression in Your Child

20-page booklet. Describes what to look for, what a parent can do if a child has the warning signs, treatment options, why depression is sometimes missed in children, how to help your older child help a depressed friend, what a parent can do if a child talks about suicide, and resources for further help. Due to financial limitations, no out-of-state orders can be filled for this material. Available online on the Youth Suicide Prevention web site, at:
<http://www.yspp.org/publicAwareness/parents/ParentGuideToDepression.pdf>.
Languages: English

Revised: **2003** Type: **booklet** # of Pages: **20** Price: **free** Limit: **150**

DOH #:
Pub 961-260

Active Families Look Better

Bookmark is companion piece of the Family Physical Activity materials series, which includes posters and interactive handouts. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This bookmark provides information on one of the important components to physical activity (active families experience positive benefits) and gives ideas on different activities to try. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.17 each.
Languages: English, Spanish

Revised: **2004** Type: **bookmark** # of Pages: **1, 2-sided** Price: **see above** Limit: **500**

Parenting

DOH #:
Pub 961-253

Active Families, Active Kids - Ideas to Keep you Moving

Interactive handout is companion piece of the Family Physical Activity materials series, which includes posters and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This interactive handout provides information on different activities to do with children and gift ideas to help children be more active. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.18 each.

Languages: English, Spanish

Revised: **2004** Type: **handout** # of Pages: **1, 2-sided** Price: **see above** Limit: **500**

DOH #:
Pub 961-262

Activity Guide Pyramid

Supplemental material is companion piece of the Family Physical Activity materials series. This material uses the pyramid guide to depict different activities that will help families become more active. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: **2004** Type: **brochure** # of Pages: **1** Price: **see above** Limit: **500**

DOH #:
Pub 961-248

Activity Has Its Benefits

Poster is companion piece of the Family Physical Activity materials series, which includes interactive handouts and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This poster provides information on different ways adults and children can be active using the Activity Guide Pyramid. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$3.77 each.

Languages: English, Spanish

Revised: **2004** Type: **Poster** # of Pages: **1** Price: **see above** Limit: **10**

DOH #:
Pub 961-271

Activity Picture Cards

Activity Picture Cards are companion piece of the Family Physical Activity materials series. These cards illustrate different types of children activities and are a tool that can be used during group sessions. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English

Revised: **2004** Type: **card** # of Pages: **18 cards** Price: **see above** Limit: **10**

Parenting

DOH #:
Pub 130-029

Antibiotic Resistance Education - Do you really need an Antibiotic? - Brochure

This brochure helps health care providers talk with patients about the careful use of antibiotics to prevent "super germs," and the importance of always finishing their prescription. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=298.

Languages: English

Revised: 2002

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 150

DOH #:
Pub 130-039

Antibiotic Resistance Education - Do you really need an Antibiotic? - Poster

This 11" x 19" poster encourages people to talk with their health care providers about the careful and appropriate use of antibiotics. English on one side and Spanish on the other. Also available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=299.

Languages: English, Spanish

Revised: 2002

Type: **poster**

of Pages: 1

Price: **free**

Limit: 5

DOH #:
Pub 130-041

Antibiotic Resistance Education - What Can I Do to Fight a Cold, Cough, or Sore Throat?

Part of the antibiotics resistance education campaign. Recommended home remedies and over the counter medications listed by symptom. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=297.

Languages: English

Revised: 2002

Type: **brochure**

of Pages: 1

Price: **free**

Limit: 250

DOH #:
Pub 348-044

Are You Hepatitis B Positive and Pregnant?

This is a companion piece to the How to Protect Your Baby pamphlet. It can be used as an insert or can stand alone. It provides information for pregnant women who have hepatitis B about treatment for their babies and household members. Will not be reprinted once the current inventory is exhausted. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=330.

Languages: English

Revised: 1997

Type: **fact sheet**

of Pages: 2

Price: **free**

Limit: **none**

DOH #:
Pub 961-151

Baby's First Cup

For parents teaching older infants to use a cup and prevention of Baby Bottle Tooth decay. Free to WIC/CFH contractors only. Others may purchase for \$0.04 each.

Languages: Cambodian, Chinese, English, Korean, Laotian, Russian, Spanish, Ukrainian, Vietnamese

Revised: 1994

Type: **brochure**

of Pages: 1

Price: **see above**

Limit: 250

Parenting

DOH #:
Pub 961-190

Be a Healthy Mom

Information about the Food Guide Pyramid with serving sizes, 10 tips for being a healthy postpartum mom, and information for the pregnant woman. Free to WIC/CFH contractors only. Others may purchase for \$0.13 each. Also available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=384.

Languages: English, Spanish

Revised: Type: **brochure** # of Pages: **3** Price: **see above** Limit: **250**

DOH #:
Pub 930-102

Before You Get Pregnant: Planning is the Key

9x14 brochure. Lists how to avoid the risks of birth defects and pregnancy problems before and during pregnancy. Call 360-236-3552 for price. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=349

Languages: English, Spanish

Revised: **2000** Type: **brochure** # of Pages: **1** Price: **free** Limit: **100**

DOH #:
Pub 300-003

Be Sun Smart

Describes issues related to ozone depletion and sun safety. It discusses use of sun screen and the effects of a thinner ozone. Not available at the DOH warehouse. Available only online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=225.

Languages: English

Revised: **2000** Type: **brochure** # of Pages: **4** Price: Limit:

DOH #:
Pub 961-256

Being Active with Other People is Fun

Bookmark is companion piece of the Family Physical Activity materials series, which includes posters and interactive handouts. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This bookmark provides information on one of the important components to physical activity (being active with others is fun) and gives ideas on activities with others. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.17 each.

Languages: English, Spanish

Revised: **2004** Type: **bookmark** # of Pages: **1, 2-sided** Price: **see above** Limit: **500**

DOH #:
Pub 961-USDA

Breastfeeding: Breastfeeding is a Dance that Mother and Baby Learn. Learn that Dance and Enjoy Each Other!

Written for women who are breastfeeding, or are pregnant. 8.5" x 11", folded. Produced by the USDA. Free to WIC/CFH contractors only. Others may purchase for \$0.15 each.

Languages: English

Revised: **2002** Type: **brochure** # of Pages: **1, 2-sided** Price: **see above** Limit: **250**

Parenting

DOH #:
Pub 961-241

Build Strong Families

Promotional Flyer is companion piece of the Family Meals materials series. This flyer can be used to help promote/announce the clinic's upcoming group session on building strong families through family meals. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: **2004**

Type: **flyer**

of Pages: **1**

Price: **see above**

Limit: **500**

DOH #:
Pub 961-228

Building on Success

Interactive handout is companion piece of the Family Meals materials series, which includes posters and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to eating together as a family. This interactive handout gives clients ideas on how to continue to eat together as a family and make mealtime a positive experience. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.18 each.

Languages: English, Spanish

Revised: **2004**

Type: **handout**

of Pages: **2**

Price: **see above**

Limit: **500**

DOH #:
Pub 348-013

Certificate of Immunization Status (CIS)

Parents are required to complete this certificate for school entry of their children.

Languages: English, Spanish

Revised: **1999**

Type: **forms**

of Pages: **1, 2-sided**

Price: **free**

Limit: **none**

DOH #:
Pub 961-149

Changing Your Baby To A New Formula

Information on switching infants to a new infant formula. Recommendations on correct mixing and feeding while changing formulas. Free to WIC/CFH contractors only. Others may purchase for \$0.03 each.

Languages: English, Spanish

Revised:

Type: **brochure**

of Pages: **1**

Price: **see above**

Limit: **250**

DOH #:
Pub 304-006

Chef Lophe's Phe-Nominal Cookbook

"Chef LoPhe" provides recipes for preparing 16 low-protein dishes. For school age children with Phenylketonuria (PKU). Useful for child care providers of children with PKU. Available online at: <http://depts.washington.edu/pku/chef.html>

Languages: English

Revised: **1988**

Type: **booklet**

of Pages: **32**

Price: **free**

Limit: **1**

Parenting

DOH #:
Pub 961-GROW

Children Growing Healthy

Contains healthy snack and activity ideas, which teach confidence and a healthy lifestyle. Free to WIC/CFH contractors only. Others may purchase for \$0.44 each.

Languages: English, Spanish

Revised: **1998**

Type: **booklet**

of Pages: **6**

Price: **see above**

Limit: **100**

DOH #:
Pub 961-258

Children Spend Time Watching TV

Bookmark is companion piece of the Family Physical Activity materials series, which includes posters and interactive handouts. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This bookmark provides information on one of the important components to physical activity (TV viewing and impact on physical activity) and gives toy ideas for children that will help them be active. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.17 each.

Languages: English

Revised: **2004**

Type: **bookmark**

of Pages: **1, 2-sided**

Price: **see above**

Limit: **500**

DOH #:
Pub 961-230

Conversation

Bookmark is companion piece of the Family Meals materials series, which includes posters and interactive handouts. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to eating together as a family. This bookmark provides information on one of the important components of family meals (good conversation) and gives ideas on what to try during mealtime. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.17 each.

Languages: English, Spanish

Revised: **2004**

Type: **bookmark**

of Pages: **1, 2-sided**

Price: **see above**

Limit: **500**

DOH #:
Pub 333-030

Dear Parent...What is Your Child's Lead Level?

For parents who are getting their children tested for lead exposure in a child's blood. Describes the four cutoff levels for the amount of lead in a child's blood. Describes the seriousness of each level and actions to take.

Languages: Cambodian, Chinese, English, Laotian, Spanish, Vietnamese

Revised: **2004**

Type: **fact sheet**

of Pages: **2**

Price: **free**

Limit: **10**

Parenting

DOH #:
Pub 961-243

Eat Together Eat Better

Banner is companion piece of the Family Meals materials series. This banner has the key message about family meals ("Eat Together, Eat Better") and can be used in the clinic to help reinforce the message. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$2.24 each.

Languages: English

Revised: 2004

Type: **banner**

of Pages: **n/a**

Price: **see above**

Limit: **10**

DOH #:
Pub 961-240

Eating Well

Promotional Flyer is companion piece of the Family Meals materials series. This flyer can be used to help promote/announce the clinic's upcoming group session on eating together as a family. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: 2004

Type: **flyer**

of Pages: **1**

Price: **see above**

Limit: **500**

DOH #:
Pub 333-043

El plomo! (Lead! A threat to the family!)

Fotonovela in Spanish describing to families the potential hazards that lead can pose to families and young children. The information is still correct, even though this was written in 1997. Available online only at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=227.

Languages: Spanish

Revised: 1997

Type: **fotonovela**

of Pages: **14**

Price:

Limit:

DOH #:
Pub 961-226

Enjoy Eating Together

Poster is companion piece of the Family Meals materials series, which includes interactive handouts and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients on behavior change by identifying motivators and barriers to eating together as a family. This poster provides tips on what families can do to have fun during mealtime. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$3.77 each.

Languages: English, Spanish

Revised: 2004

Type: **poster**

of Pages: **1**

Price: **see above**

Limit: **10**

Parenting

DOH #:
Pub 961-235

Excited Children

Bookmark is companion piece of the Family Meals materials series, which includes posters and interactive handouts. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to eating together as a family. This bookmark provides information on one of the important components of family meals (children more excited about eating when they help with mealtime) and gives ideas on how children can help along with a recipe. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.17 each.

Languages: English, Spanish

Revised: **2004** Type: **bookmark** # of Pages: **1, 2-sided** Price: **see above** Limit: **500**

DOH #:
Pub 961-242

Family Meal WIC Group Session

Group Session Evaluation is companion piece of the Family Meals materials series. This evaluation form can be given to clients who attend a family meals group session to help the clinic staff evaluate the effectiveness of the session. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: **2004** Type: **flyer** # of Pages: **1** Price: **see above** Limit: **500**

DOH #:
Pub 961-245

Family Meals Module Staff Training Notebook: Eat Together, Eat Better

Staff Training Notebook is companion piece of the Family Meals materials series. This notebook provides information on how to successfully implement the Family Meals module in their clinic. The notebook provides samples of the promotional materials; group sessions lesson plans; staff training overheads; information on "stages of change" and social marketing; staff newsletters; and additional resources. It is recommended that staff first order this notebook to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$5.00 each.

Languages: English

Revised: **2004** Type: **notebook** # of Pages: **200** Price: **see above** Limit: **10**

DOH #:
Pub 961-222

Family Meals Teach Children Social Skills

Poster is companion piece of the Family Meals materials series, which includes interactive handouts and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients on behavior change by identifying motivators and barriers to eating together as a family. This poster provides information on rules that may help families to have during mealtime. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$3.77 each.

Languages: English, Spanish

Revised: **2004** Type: **poster** # of Pages: **1** Price: **see above** Limit: **10**

Parenting

DOH #:
Pub 961-269

Family Physical Activity - Group Session Evaluation

Group Session Evaluation is companion piece of the Family Physical Activity materials series. This evaluation form can be given to clients who attend a physical activity group session to help the clinic staff evaluate the effectiveness of the session. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.
Languages: English, Spanish

Revised: 2004 Type: **brochure** # of Pages: 1 Price: **see above** Limit: 500

DOH #:
Pub 961-200

Feeding Your 1 to 5 Year Old: Building Good Habits

Booklet for parents that discusses the what, when and where of feeding a toddler or preschooler. Based on work of Ellyn Satter. No longer available from the DOH warehouse. Only available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=208.
Languages: English, Spanish

Revised: 1996 Type: **booklet** # of Pages: 16 Price: Limit:

DOH #:
Pub 961-187

Feeding Your 1 to 2 Year Old

Provides the Food Guide Pyramid with appropriate serving sizes and a sample menu for the young child. Also includes ideas for food choices for the 1 to 2 year old and suggestions for making meal times happy. Free to WIC/CFH contractors only. Others may purchase for \$0.13 each. Also available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=381.
Languages: English, Spanish

Revised: Type: **brochure** # of Pages: 3 Price: **see above** Limit: 250

DOH #:
Pub 961-188

Feeding Your 3 to 5 Year Old

Provides the Food Guide Pyramid with serving sizes for the 3 to 5 year old. A sample menu is included, with ideas on how to get children interested in eating healthy foods. Free to WIC/CFH contractors only. Others may purchase for \$0.13 each. Also available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=382.
Languages: English, Spanish

Revised: Type: **brochure** # of Pages: 3 Price: **see above** Limit: 250

DOH #:
Pub 961-186

Feeding Your Baby 6 to 12 Months

Provides a chart for guidelines to use when introducing foods to the older baby, including age-appropriate development. Additional information on food safety, allergic reactions to food and dental care. Free to WIC/CFH contractors only. Others may purchase for \$0.13 each. Also available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=380.
Languages: English, Spanish

Revised: Type: **brochure** # of Pages: 3 Price: **see above** Limit: 250

Parenting

DOH #:
Pub 961-201

Feeding Your Baby Birth to 6 Months

Fold-out brochure with information on baby's cues, breastfeeding, formula feeding, waiting to start solid foods, food safety, and introduction to infant cereal. Unfolds to make an 11" x 17" poster. Free to WIC/CFH contractors only. Others may purchase for \$0.08 each.

Languages: English, Spanish

Revised: 2002

Type: **brochure**

of Pages: 1

Price: **see above**

Limit: 300

DOH #:
Pub 961-185

Feeding Your Baby Birth to 8 Months

Provides guidelines for introducing foods to infants, along with their developmental capabilities. Additional information about baby's cues, food safety and allergic reactions. Free to WIC/CFH contractors only. Others may purchase for \$0.09 each. Also available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=379

Languages: English, Spanish

Revised:

Type: **brochure**

of Pages: 2

Price: **see above**

Limit: 250

DOH #:
Pub 130-033

Fight Lice!

Offers prevention and treatment alternatives, including non-chemical and commercial products. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=216

Languages: English

Revised: 2000

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 200

DOH #:
Pub 910-111

Finding Your Way in Managed Care: A Guide for Washington Families of Children with Special Health Care Needs

Covers many vital topics that parents and caregivers of children with special health care needs may want to learn, to help them obtain and give the best possible care for their child and to navigate the managed care system. It is a useful resource for providers also. Available online only at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=296.

Languages: English

Revised: 2001

Type: **booklet**

of Pages: 72

Price:

Limit:

DOH #:
Pub 961-272

Fitness Fun - Coloring Material

Coloring materials are companion piece of the Family Physical Activity materials series. This material provides simple messages about physical activity that can be given to clients to color. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English

Revised: 2004

Type: **coloring sheets**

of Pages: 4

Price: **see above**

Limit: 10

Parenting

DOH #:
Pub 333-005

Food Safety and Nutrition to Help Prevent Lead Poisoning in Children

Brochure for parents on nutritional ways to lower a child's risk of lead poisoning. Includes tips for reducing the risk of exposure to lead in the home. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=220.

Languages: Cambodian, Chinese, English, Laotian, Russian, Spanish, Vietnamese

Revised: 2001

Type: **brochure**

of Pages: 4

Price: **free**

Limit: 10

DOH #:
Pub 961-270

Get Moving! Be Active! - Banner

Banner is companion piece of the Family Physical Activity materials series. This banner has the key message about family physical activity ("Get Moving, Be Active") and can be used in the clinic to help reinforce the message. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English

Revised: 2004

Type: **banner**

of Pages: **NA**

Price: **see above**

Limit: 500

DOH #:
Pub 961-261

Get Moving! Be Active! - Brochure

Supplemental material is companion piece of the Family Physical Activity materials series. This material can be edited by staff to add community's physical activity resources and given to clients for their use. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: 2004

Type: **brochure**

of Pages: 1

Price: **see above**

Limit: 500

DOH #:
Pub 961-245

Get Moving! Be Active! - Physical Activity Module Staff Training Notebook

Staff Training Notebook is companion piece of the Family Physical Activity materials series. This notebook provides information on how to successfully implement Physical Activity module in their clinic. The notebook provides samples of the promotional materials; group sessions lesson plans; staff training overheads; information on "stages of change" and social marketing; staff newsletters; and additional resources. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English

Revised: 2004

Type: **notebook**

of Pages: 200

Price: **see above**

Limit: **none**

Parenting

DOH #:
Pub 961-246

Get moving! Be Active! - Poster

Poster is companion piece of the Family Physical Activity materials series, which includes interactive handouts and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This poster provides information on what active families do together. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$3.77 each.

Languages: English, Spanish

Revised: 2004

Type: **poster**

of Pages: 1

Price: **see above**

Limit: 10

DOH #:
Pub 961-252

Getting Started - Good News About Family Physical Activity

Interactive handout is companion piece of the Family Physical Activity materials series, which includes posters and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This interactive handout helps clients to identify their favorite reasons to be active and ideas on how to overcome barriers to physical activity. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.18 each.

Languages: English, Spanish

Revised: 2004

Type: **handout**

of Pages: 1, 2-sided

Price: **see above**

Limit: 500

DOH #:
Pub 961-191

Give Your Baby a Healthy Start

Provides information on the Food Guide Pyramid with serving sizes, weight gain, smoking, exercise and breastfeeding information for the pregnant woman. Free to WIC/CFH contractors only. Others may purchase for \$0.13 each. Also available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=385.

Languages: English, Spanish

Revised:

Type: **brochure**

of Pages: 3

Price: **see above**

Limit: 250

DOH #:
Pub 961-192

Healthy Choices for Kids

Provides ideas for healthy snacks, active play, better choices at fast food restaurants and "junk food" awareness. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each. Also available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=386.

Languages: English, Spanish

Revised:

Type: **brochure**

of Pages: 1

Price: **see above**

Limit: 250

Parenting

DOH #:
Pub 961-229

Ideas for Family Meals

Interactive handout is companion piece of the Family Meals materials series, which includes posters and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to eating together as a family. This interactive handout helps clients to identify the different ideas listed in the handout that may help them to make family meals easier. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.18 each.
Languages: English, Spanish

Revised: **2004** Type: **handout** # of Pages: **2** Price: **see above** Limit: **500**

DOH #:
Pub 348-076

Immunize at All Ages

11 x 14 poster with facts on why immunizations are important, no matter what your age. Provides contact information. Available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=291.
Languages: English

Revised: **2002** Type: **poster** # of Pages: **1** Price: **free** Limit: **none**

DOH #:
Pub 961-138

Infant Formula Preparation from Concentrated Liquid

Pictures show the proper way to mix concentrated formula through the use of pictures. Free to WIC/CFH contractors only. Others may purchase for \$0.15 each.

Languages: Chinese, English, Laotian, Vietnamese

Revised: Type: **fact sheet** # of Pages: **1** Price: **see above** Limit: **250**

DOH #:
Pub 961-141

Introducing Foods the Family Eats

For parents of older infants who are able to sit independently, reach and grab things, and take sips from a cup. Provides dietary guidelines for transitioning from strained baby foods to table foods. Free to WIC/CFH contractors only. Others may purchase for \$0.12 each.
Languages: English

Revised: **1989** Type: **brochure** # of Pages: **6** Price: **see above** Limit: **250**

DOH #:
Pub 961-194

Iron for Strong Blood

Provides a list of iron sources, Vitamin C's role with iron, why the body needs iron, and baby's need for iron. Free to WIC/CFH contractors only. Others may purchase for \$0.13 each. Also available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=387.
Languages: English, Spanish

Revised: Type: **brochure** # of Pages: **3** Price: **see above** Limit: **250**

Parenting

DOH #:
Pub 348-088

Is Your Baby Protected?

Colorful graphic representation and facts about the childhood immunization schedule.

Languages: English, Spanish

Revised: 2004

Type: flyer

of Pages: 1, 2-sided

Price: free

Limit: none

DOH #:
Pub 341-CRIB

Is Your Baby's Crib Safe?

Warns parents of the dangers with second hand baby products that may have been recalled. Encourages parents and care givers to check for recalled products in their home. Provides the Consumer Product Safety Commission's phone number and web site. Not available from the DOH warehouse. Only available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=261.

Languages: English, Spanish

Revised: 2001

Type: handout

of Pages: 1

Price:

Limit:

DOH #:
Pub 341-010

Is Your Child in Danger from a Recalled Product? - Fact Sheet

Shows illustrations of the type of child products recalled for safety reasons by the U.S. Consumer Product Safety Commission; provides information on type of injuries that can result from recalled products; includes national and Washington state statistics; explains how to check for recalled products. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=279.

Languages: English, Spanish

Revised: 2002

Type: fact sheet

of Pages: 1

Price: free

Limit: 100

DOH #:
Pub 341-011

Is Your Child in Danger from a Recalled Product? - Poster

18" X 24" Shows illustrations of the type of child products recalled for safety reasons by the U.S. Consumer Product Safety Commission. Provides information on how to check for recalled products. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=317.

Languages: English, Spanish

Revised: 2002

Type: poster

of Pages: 1

Price: free

Limit: 10

DOH #:
Pub 961-259

It's Easier Than You Think

Bookmark is companion piece of the Family Physical Activity materials series, which includes posters and interactive handouts. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This bookmark provides information on one of the important components to physical activity (incorporating activity into daily routine) and gives ideas on different activities to try. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.17 each.

Languages: English, Spanish

Revised: 2004

Type: bookmark

of Pages: 1, 2-sided

Price: see above

Limit: 500

Parenting

DOH #:
Pub 962-937

Just For Grandparents

Folded brochure, 2-sided. Tells how grandparents can support the new mother in breastfeeding. The Spanish brochure is Pub 962-937Spanish. Free to WIC/CFH contractors only. Others may purchase for \$0.15 each.

Languages: English, Spanish

Revised: **2003** Type: **brochure** # of Pages: **1, 2-sided** Price: **see above** Limit: **100**

DOH #:
Pub 961-263

Just Move It!

Supplemental material is companion piece of the Family Physical Activity materials series. This material provides information on ideas for physical activities to do with children. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: **2004** Type: **brochure** # of Pages: **1** Price: **see above** Limit: **500**

DOH #:
Pub 961-247

Kids are Active by Nature

Poster is companion piece of the Family Physical Activity materials series, which includes interactive handouts and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This poster provides information on physical activities that young children like to do. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$3.77 each.

Languages: English, Spanish

Revised: **2004** Type: **Poster** # of Pages: **1** Price: **see above** Limit: **10**

DOH #:
Pub 961-223

Kids Like to Help at Mealtime

Poster is companion piece of the Family Meals materials series, which includes interactive handouts and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients on behavior change by identifying motivators and barriers to eating together as a family. This poster provides information on the different ways children can help with mealtime. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$3.77 each.

Languages: English, Spanish

Revised: **2004** Type: **poster** # of Pages: **1** Price: **see above** Limit: **10**

Parenting

DOH #:
Pub 333-004

Lead and Your Kids

A checklist to help parents discern the risk of lead poisoning in their children. Includes tips for reducing the risk of exposure to lead in the home. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=223.

Languages: Cambodian, Chinese, English, Laotian, Spanish, Vietnamese

Revised: **2004**

Type: **brochure**

of Pages: **4**

Price: **free**

Limit: **10**

DOH #:
Pub 331-177

Lead in Drinking Water

A fact sheet that tells the sources of lead, the health effects of lead, lead standards, regulations, and what can be done about it. Available online at: <http://www.doh.wa.gov/ehp/dw/Programs/lead.htm>.

Languages: English

Revised: **2002**

Type: **fact sheet**

of Pages: **2**

Price: **free**

Limit: **50**

DOH #:
Pub 210-014

Lead in Home Remedies

For parents who may use traditional home remedies when their children are sick. Describes the danger when the remedy contains lead. Names and describes various home remedies that are known to contain dangerous levels of lead. Includes information on seeking medical attention and having children tested for blood lead levels. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=226.

Languages: English, Spanish

Revised: **2001**

Type: **fact sheet**

of Pages: **1, 2-sided**

Price: **free**

Limit: **10**

DOH #:
Pub 970-104

Library Resources for Families with Children with Special Health Care Needs in Washington State

A directory of resource books for families with children with special health care needs that are available through interlibrary loans in public libraries throughout the state. Will not be reprinted once the current supply is gone. Available on the internet at <http://www.doh.wa.gov/cfh/mch/documents/libfinal.pdf>.

Languages: English

Revised: **1999**

Type: **catalog**

of Pages: **57**

Price: **free**

Limit: **none**

DOH #:
Pub 348-001

Lifetime Immunization Record

Passport-size card given to patients when receiving immunizations. Serves as a personal record of immunization for school and day care admission, etc. 7th grade reading level. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=278.

Languages: English

Revised: **2001**

Type: **card**

of Pages: **1, 2-sided**

Price: **free**

Limit: **none**

Parenting

DOH #:
Pub 961-255

Link with TV and Weight

Bookmark is companion piece of the Family Physical Activity materials series, which includes posters and interactive handouts. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This bookmark provides information on one of the important components to physical activity (link between TV viewing and being overweight) and gives ideas on different activities to try. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.17 each.

Languages: English, Spanish

Revised: **2004** Type: **bookmark** # of Pages: **1, 2-sided** Price: **see above** Limit: **500**

DOH #:
Pub 961-244

Make a Merry Mealtime

Coloring materials are companion piece of the Family Meals materials series. This material provides simple messages about family meals that can be used with children. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. If ordered by others, please see payment information

Languages: English

Revised: **2004** Type: **coloring sheets** # of Pages: **8** Price: **free** Limit: **none**

DOH #:
Pub 961-224

Make Family Meals Happen Plan Ahead

Poster is companion piece of the Family Meals materials series, which includes interactive handouts and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients on behavior change by identifying motivators and barriers to eating together as a family. This poster provides information on the different ways families can plan ahead of time to make it easier to have family meals. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$3.77 each.

Languages: English, Spanish

Revised: **2004** Type: **poster** # of Pages: **1** Price: **see above** Limit: **10**

DOH #:
Pub 961-250

Make the Most of Your Time

Poster is companion piece of the Family Physical Activity materials series, which includes interactive handouts and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This poster provides information on what happens when families turn off the TV and tips how to start watching less TV. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$3.77 each.

Languages: English, Spanish

Revised: **2004** Type: **Poster** # of Pages: **1** Price: **see above** Limit: **10**

Parenting

DOH #:
Pub 961-232

Making Meals Special

Bookmark is companion piece of the Family Meals materials series, which includes posters and interactive handouts. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to eating together as a family. This bookmark provides information on one of the important components of family meals (making meals special) and gives ideas on how to make mealtime special along with a recipe. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.17 each.

Languages: English, Spanish

Revised: **2004** Type: **bookmark** # of Pages: **1, 2-sided** Price: **see above** Limit: **500**

DOH #:
Pub 961-254

Moving On - Want to Add More Family Physical Activity?

Interactive handout is companion piece of the Family Physical Activity materials series, which includes posters and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This interactive handout provides ideas on how to be continue to be physically active. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.18 each.

Languages: English, Spanish

Revised: **2004** Type: **handout** # of Pages: **1, 2-sided** Price: **see above** Limit: **500**

DOH #:
Pub 961-234

Not Fancy Meals

Bookmark is companion piece of the Family Meals materials series, which includes posters and interactive handouts. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to eating together as a family. This bookmark provides information on one of the important components of family meals (meals do not have to be fancy, the focus is eating together) and gives ideas on quick menu ideas when to busy to cook. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.17 each.

Languages: English, Spanish

Revised: **2004** Type: **bookmark** # of Pages: **1, 2-sided** Price: **see above** Limit: **500**

DOH #:
Pub 345-015

Not While Baby Sleeps

Instructs parents to give bottles while holding the baby upright, and not while baby is lying down. Easy to read, pictorial. Poster is 8.5" x 11". Part of the Day Care Poster series. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=213

Languages: English

Revised: **2000** Type: **poster** # of Pages: **1** Price: **free** Limit: **50**

Parenting

DOH #:
Pub 961-236

One Dish Skillet Meal

Supplemental material is companion piece of the Family Meals materials series. This material provides additional information on how families can get started with eating together along with easy skillet meal recipes. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: **2004** Type: **flyer** # of Pages: **1, 2-sided** Price: **see above** Limit: **500**

DOH #:
Pub 961-265

Physical Activity Prescription

Supplemental material is companion piece of the Family Physical Activity materials series. This material can be used help children mark their progress in achieving their physical activity goals. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: **2004** Type: **brochure** # of Pages: **1** Price: **see above** Limit: **500**

DOH #:
Pub 348-080

Plain Talk About Childhood Immunizations

Designed for parents who have in-depth questions about vaccine safety. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=312.

Languages: English, Spanish

Revised: **2003** Type: **booklet** # of Pages: **41** Price: **none** Limit: **25**

DOH #:
Pub 961-238

Plan for Success

Supplemental material is companion piece of the Family Meals materials series. This material is weekly menu planning worksheet along with planning meal tips. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: **2004** Type: **brochure** # of Pages: **2** Price: **see above** Limit: **500**

Parenting

DOH #:
Pub 961-231

Planning Ahead

Bookmark is companion piece of the Family Meals materials series, which includes posters and interactive handouts. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to eating together as a family. This bookmark provides information on one of the important components of family meals (planning meals ahead of time) and gives ideas on how to plan family meals along with a recipe. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.17 each.

Languages: English, Spanish

Revised: **2004** Type: **bookmark** # of Pages: **1, 2-sided** Price: **see above** Limit: **500**

DOH #:
Pub 961-267

Playtime at WIC

Promotional Flyer is companion piece of the Family Physical Activity materials series. This flyer can be used to help promote/announce the clinic's upcoming group session on family physical activity. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: **2004** Type: **brochure** # of Pages: **1** Price: **see above** Limit: **500**

DOH #:
Pub 348-072

Pneumococcal Conjugate Vaccine Information Statement - What You Need To Know

Offers information on the disease and vaccine. No limit for copies in English, Russian, Spanish and Vietnamese. All other available languages may be found online at: <http://www.immunize.org/vis/>.

Languages: English, Russian, Spanish, Vietnamese

Revised: **2002** Type: **fact sheet** # of Pages: **1, 2-sided** Price: **free** Limit: **none**

DOH #:
Pub 961-195

Relief From Constipation

Lists some do's and don'ts around constipation, recommendations for infants and children, and a list of foods high in fiber. A sample menu is provided with ideas for high fiber snacks. Free to WIC/CFH contractors only. Others may purchase for \$0.13 each. Also available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=388.

Languages: English, Spanish

Revised: Type: **brochure** # of Pages: **2** Price: **see above** Limit: **250**

Parenting

DOH #:
Pub 961-221

Set an Example for Good Nutrition

Poster is companion piece of the Family Meals materials series, which includes interactive handouts and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients on behavior change by identifying motivators and barriers to eating together as a family. This poster provides information on the decisions that parents and children need to make about what happens during mealtime. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$3.77 each.

Languages: English, Spanish

Revised: 2004

Type: **Poster**

of Pages: 1

Price: **see above**

Limit: 10

DOH #:
Pub 961-237

Shopping List

Supplemental material is companion piece of the Family Meals materials series. This material is healthy food shopping list along with shopping tips for how to have healthier meals. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: 2004

Type: **flyer**

of Pages: 1, 2-sided

Price: **see above**

Limit: 500

DOH #:
Pub 951-108

Sickle Beta+ Thalassemia

For parents of a child with sickle beta+ thalassemia. Provides information about what sickle beta+ thalassemia is, its inheritance, problems seen in children, and what to expect.

Languages: English

Revised: 1993

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 4

DOH #:
Pub 951-102

Sickle Cell Anemia: A Parent's Guide for the School Age Child

For parents of a child with sickle cell disease. It provides information about the disorder and special medical issues for the school age child with sickle cell disease including: anemia, infection, fever, painful episodes, enuresis and nocturia, yellow eyes, growth and adolescence, and school. Also available online at: <http://www.doh.wa.gov/ehsphi/phl/newborn/scpg.htm>.

Languages: English

Revised: 1993

Type: **booklet**

of Pages: 14

Price: **free**

Limit: 4

Parenting

DOH #:
Pub 910-107

Simple Ways to Reduce the Risk of SIDS and Keep a Baby Healthy

For new parents, grandparents, child care providers and babysitters: Nine examples to reduce the risk of SIDS and keep baby healthy, including putting infant to sleep on its back. Brochure formatted for both English and Spanish in one printed format. Provides referral to the SIDS Foundation of Washington. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=318.
Languages: English, Spanish

Revised: 2003

Type: **brochure**

of Pages: 1

Price: **free**

Limit: 100

DOH #:
Pub 961-233

Slow Down and Get in Touch

Bookmark is companion piece of the Family Meals materials series, which includes posters and interactive handouts. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to eating together as a family. This bookmark provides information on one of the important components of family meals (getting in touch with family members) and gives ideas on how to get touch with family members during mealtime along with a recipe. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.17 each.
Languages: English, Spanish

Revised: 2004

Type: **bookmark**

of Pages: 1, 2-sided

Price: **see above**

Limit: 500

DOH #:
Pub 951-112

Splenic Sequestration Crisis

Defines the spleen and its function and discusses splenic sequestration, its symptoms, susceptibility, varying occurrences and treatment. Also available online at:
<http://www.doh.wa.gov/ehsphi/phl/newborn/splcris.htm>.
Languages: English

Revised: 1993

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 4

DOH #:
Pub 961-225

Steps to a Happy Mealtime

Poster is companion piece of the Family Meals materials series, which includes interactive handouts and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients on behavior change by identifying motivators and barriers to eating together as a family. This poster provides information on the steps that will help with having a happy mealtime experience. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$3.77 each.
Languages: English, Spanish

Revised: 2004

Type: **poster**

of Pages: 1

Price: **see above**

Limit: 10

Parenting

DOH #:
Pub 961-264

Stre-e-tch to be Fit

Supplemental material is companion piece of the Family Physical Activity materials series. This material provides information on the importance of stretching and tips of how to do it. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: **2004** Type: **brochure** # of Pages: **2** Price: **see above** Limit: **500**

DOH #:
Pub 961-268

Stress? Tired?

Promotional Flyer is companion piece of the Family Physical Activity materials series. This flyer can be used to help promote/announce the clinic's upcoming group session on family physical activity. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: **2004** Type: **brochure** # of Pages: **1** Price: **see above** Limit: **500**

DOH #:
Pub 951-103

The Infant and Young Child with Sickle Cell Anemia

For parents of a child with sickle cell disease. Provides information about the special medical issues for the infant and young child with sickle cell disease including the disorder and fever, the spleen, infection, penicillin and painful episodes. Available in English and Spanish. Also available online at: <http://www.doh.wa.gov/ehsphi/phl/newborn/chwsick.htm>.

Languages: English, Spanish

Revised: **1993** Type: **brochure** # of Pages: **15** Price: **see above** Limit: **2**

DOH #:
Pub 961-198

The Road to Healthy Behaviors for You and Your Child

How to keep your child active, suggestions for eating away from home, and general nutrition tips. Free to WIC/CFH contractors only. Others may purchase for \$0.04 each.

Languages: English

Revised: Type: **brochure** # of Pages: **1** Price: **see above** Limit: **250**

DOH #:
Pub 961-189

Time For a Cup 6 to 8 Months

Provides reasons why it is important to change the child to a cup, how to wean the child, and weaning tips around bedtime, breastfeeding and when you go out. Free to WIC/CFH contractors only. Others may purchase for \$0.13 each. Also available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=383.

Languages: English, Spanish

Revised: Type: **brochure** # of Pages: **3** Price: **see above** Limit: **250**

Parenting

DOH #:
Pub 961-266

Tips for Families - Client Feedback Cards

Client Feedback Card is companion piece of the Family Physical Activity materials series. This card is can be filled out by clients to share their tips/ideas about family physical activity which can be displayed on bulletin boards to give families additional ideas. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: **2004** Type: **card** # of Pages: **1, 2-sided** Price: **see above** Limit: **500**

DOH #:
Pub 961-196

Tips for Feeding Young Kids

Provides ideas on what to do when a child refuses to eat certain foods, eats only one kind of food, or refuses to eat at all. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each. Also available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=389.

Languages: English, Spanish

Revised: Type: **brochure** # of Pages: **1** Price: **see above** Limit: **250**

DOH #:
Pub 961-239

Tips from Families

Client Feedback Card is companion piece of the Family Meals materials series. This card is can be filled out by clients to share their tips/ideas about family meals which can be displayed on bulletin boards to give families additional ideas. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.33 each.

Languages: English, Spanish

Revised: **2004** Type: **card** # of Pages: **1, 2-sided** Price: **see above** Limit: **500**

DOH #:
Pub 348-041

Vaccine Information Statement - Hepatitis A

Offers information on the disease and vaccine. There is no limit for this publication in English, Spanish, Russian, and Vietnamese. All other available languages may be found online at:

<http://www.immunize.org/vis/>.

Languages: English, Russian, Spanish, Vietnamese

Revised: **1998** Type: **fact sheet** # of Pages: **1, 2-sided** Price: **free** Limit: **none**

DOH #:
Pub 961-184

Vegetables

Ideas for preparing vegetables. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English

Revised: **2001** Type: **flyer** # of Pages: **1** Price: **see above** Limit: **250**

Parenting

DOH #:
Pub 347-007

Viral Hepatitis

Discusses transmission, risks and prevention of hepatitis A, B & C. Also available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=252.

Languages: English, Spanish

Revised: **1998** Type: **brochure** # of Pages: **4** Price: **free** Limit: **N/A**

DOH #:
Pub 962-Ex

Watch and Help Me Grow (Birth to 18 Months)

Describe the stages of infant development from birth to 18 months. Designed to also be used as a small poster. The reverse side has general information in Cambodian, Chinese, English, Korean, Laotian, Russian, Somali, Spanish, and Vietnamese. Free to WIC/CFH contractors only. Others may purchase for \$0.08 each.

Languages: Cambodian, Chinese, English, Korean, Laotian, Russian, Somali, Spanish, Vietnamese

Revised: **2001** Type: **brochure** # of Pages: **1** Price: **see above** Limit: **100**

DOH #:
Pub 961-216

Watch and Help Me Grow (18 Months to 4 Years)

Describes the normal stages of child development from 18 months to 4 years. Designed to also be used as a small poster. The reverse side has general information in Cambodian, Chinese, English, Korean, Laotian, Russian, Somali, Spanish, and Vietnamese. Free to WIC/CFH contractors only. Others may purchase for \$0.08 each.

Languages: Cambodian, Chinese, English, Korean, Laotian, Russian, Somali, Spanish, Vietnamese

Revised: **2001** Type: **brochure** # of Pages: **1** Price: **see above** Limit: **100**

DOH #:
Pub 970-107

Watching Your Low Birth Weight Child Grow: Tips for Parents

A booklet for parents of children, ages birth to three years, who were born weighing five pounds or less. Creation of this booklet was coordinated by Mary Bridge Children's Hospital High Risk Infant Follow Up Program. People wanting a copy may request one by phoning 253-403-5525. It is not available from the DOH warehouse.

Languages: English

Revised: **2002** Type: **booklet** # of Pages: **20** Price: **free** Limit: **as available**

DOH #:
Pub 348-046

What Asians and Pacific Islanders Need to Know About Hepatitis B

Discusses hepatitis B, its transmission, the need for Asians and Pacific Islanders to get tested for hepatitis B, and reasons to get the hepatitis B vaccine series if they are susceptible. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=277.

Languages: Cambodian, Chinese, English, Korean, Laotian, Samoan, Tagalog, Vietnamese

Revised: **1998** Type: **brochure** # of Pages: **1, 2-sided** Price: **free** Limit: **none**

Parenting

DOH #: Pub 345-158	What Games Do Your Children Play - Become a Video Smart Parent			
	This booklet educates parents about electronic games, the current rating systems being used, tips for parents, other resources/organizations, and web sites. Not available from the DOH warehouse. Available online only at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=348 .			
	Languages: English			
	Revised: 2000	Type: booklet	# of Pages: 18	Price: Limit:

DOH #: Pub 961-227	What is most important to you?			
	Interactive handout is companion piece of the Family Meals materials series, which includes posters and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to eating together as a family. This interactive handout helps clients to identify what is important to them about eating together as a family and gives ideas on how to overcome barriers to having family meals. It is recommended that staff first order the Family Meals Module Staff Training Notebook (DOH Pub 961-245) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.18 each.			
	Languages: English, Spanish			
	Revised: 2004	Type: handout	# of Pages: 2	Price: see above Limit: 500

DOH #: Pub 347-040	What Parents Need to Know About Hepatitis B			
	Discusses hepatitis B and the hepatitis B vaccine requirements for children born after September 1, 1991 in school, preschool and childcare. No longer available in paper form. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=293 .			
	Languages: English			
	Revised: 1999	Type: brochure	# of Pages: 6	Price: Limit:

DOH #: Pub 910-117	what's up? - Information for Adults Who Care About Teens – Adolescent Nutrition			
	This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. They are available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=331 . Order printed copies directly from the Washington Department of Printing website at: www.prt.wa.gov . Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."			
	Languages: English			
	Revised: 2003	Type: fact sheet	# of Pages: 1, 2-sided	Price: see above Limit: see above

Parenting

DOH #:
Pub 910-118

what's up? - Information for Adults Who Care About Teens – Adolescent Physical Activity

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=338. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-121

what's up? - Information for Adults Who Care About Teens - Depression and Suicide

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=341. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-120

what's up? - Information for Adults Who Care About Teens - Drug and Alcohol Use

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=340. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-116

what's up? - Information for Adults Who Care About Teens - Eating Disorders

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=337. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

Parenting

DOH #:
Pub 910-126

what's up? - Information for Adults Who Care About Teens - Emotional Development

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=346. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-123

what's up? - Information for Adults Who Care About Teens - Intentional Injuries

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=342. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-124

what's up? - Information for Adults Who Care About Teens - Physical Growth and Development

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=344. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-113

what's up? - Information for Adults Who Care About Teens - Sexually Transmitted Infections

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=334. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

Parenting

DOH #:
Pub 910-112

what's up? - Information for Adults Who Care About Teens - Sexual Orientation

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=333. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-131

what's up? - Information for Adults Who Care About Teens - Special Needs and Disabilities

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=354. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-125

what's up? - Information for Adults Who Care About Teens - Talking With & Listening to Teens

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=345. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-115

what's up? - Information for Adults Who Care About Teens – Teenage Sexual Behavior

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=336. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

Parenting

DOH #:
Pub 910- 119

what's up? - Information for Adults Who Care About Teens – Teen Tobacco Use

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=339. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-114

what's up? - Information for Adults Who Care About Teens - Unintended Pregnancy

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=335. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-122

what's up? - Information for Adults Who Care About Teens - Unintentional Injuries

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=343. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 348-075

Why Are Immunizations Important

Describes key facts for people of all ages on the importance of immunizations. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=234

Languages: English

Revised: 2001

Type: brochure

of Pages: 1, 2-sided

Price: free

Limit: none

Parenting

DOH #:
Pub 961-251

Why Turn the TV Off?

Poster is companion piece of the Family Physical Activity materials series, which includes interactive handouts and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This poster provides information on the reasons to turn off the TV and outcomes likely to be seen in children. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$3.77 each.

Languages: English, Spanish

Revised: **2004**

Type: **Poster**

of Pages: **1**

Price: **see above**

Limit: **10**

DOH #:
Pub 961-249

Your Kids Learn to be Active From You

Poster is companion piece of the Family Physical Activity materials series, which includes interactive handouts and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This poster provides information on how to overcome barriers to physical active. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$3.77 each.

Languages: English, Spanish

Revised: **2004**

Type: **Poster**

of Pages: **1**

Price: **see above**

Limit: **10**

Pest Management

DOH #:
Pub 333-022

Bats & Rabies Prevention

Describes what rabies is, how bats can be carriers of rabies and ways to prevent getting rabies, keeping bats out of your home, avoiding bats and other wild animals.

Languages: English, Spanish

Revised: **2000**

Type: **brochure**

of Pages: **3**

Price: **free**

Limit: **50**

DOH #:
Pub 333-045

Bug Bombs: Overkill Can Be Dangerous

The brochure explains how to use total release foggers (bug bombs) safely in your home. It covers the proper amount of fogger needed to treat a room or entire house, a safety checklist when using a fogger, and general tips on handling pesticides. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=260.

Languages: English

Revised: **2004**

Type: **brochure**

of Pages: **4**

Price: **free**

Limit: **50**

DOH #:
Pub 347-004

Facts of Lice

This publication will be discontinued once supply is gone. Easy to read information on lice infestation - how it is transmitted and treated.

Languages: English

Revised: **1990**

Type: **brochure**

of Pages: **2**

Price: **free**

Limit: **none**

DOH #:
Pub 130-033

Fight Lice!

Offers prevention and treatment alternatives, including non-chemical and commercial products. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=216.

Languages: English

Revised: **2000**

Type: **brochure**

of Pages: **2**

Price: **free**

Limit: **200**

DOH #:
Pub 333-CDC-3

Lyme Disease

This brochure describes Lyme Disease, how it spreads, symptoms, treatment and prevention.

Languages: English

Revised: **1999**

Type: **brochure**

of Pages: **1**

Price: **free**

Limit: **50**

Pest Management

DOH #:
Pub 333-048

Mosquito Problems Start At Home - Bookmark

Gives practical steps to reduce the breeding areas for mosquitoes around a home, in items such as flower pots, old tires, and leaky faucets and sprinklers. Available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=283.

Languages: English

Revised: 2001

Type: **bookmark**

of Pages: 1, **2-sided**

Price: **free**

Limit: **50**

DOH #:
Pub 333-049

Mosquito Problems Start at Home - Poster

Poster (11x 17) Gives practical steps to reduce the breeding areas for mosquitoes around a home, in items such as flower pots, old tires, and leaky faucets and sprinklers. Available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=281.

Languages: English

Revised: 2001

Type: **poster**

of Pages: 1

Price: **free**

Limit: **1**

DOH #:
Pub 333-CDC-1

Prevent Hantavirus Pulmonary Syndrome

Describes what hantavirus is and how the virus is spread. Describes the symptoms and precautions to follow to minimize risk.

Languages: English

Revised: 1995

Type: **brochure**

of Pages: 4

Price: **free**

Limit: **50**

DOH #:
Pub 333-042

Prevent Tick Bites

A description of ticks, their diseases, control and treatment, and how to remove them is provided in this brochure.

Languages: English

Revised: 2001

Type: **brochure**

of Pages: 2

Price: **free**

Limit: **50**

DOH #:
Pub 333-019

Rats: Let's Get Rid of Them

Addresses how rats and mice get into homes, how to inspect for them, and how to keep them out.

Languages: English

Revised: 2000

Type: **brochure**

of Pages: 4

Price: **free**

Limit: **50**

Pest Management

DOH #:
Pub 333-018

Rodent Control: Taking Steps to Prevent Hantavirus

This brochure provides a description of Hantavirus, exposure, and prevention. Includes step-by-step instruction on cleaning areas infested with deer mice.

Languages: English

Revised: 2000

Type: **brochure**

of Pages: 4

Price: **free**

Limit: 50

DOH #:
Pub 333-052

West Nile Virus: Do You Know What's Biting You? - Brochure

Answers common questions about West Nile virus. Provides important tips on mosquito bite prevention and habitat reduction to protect against mosquito-borne disease. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=316.

Languages: English, Spanish

Revised: 2003

Type: **brochure**

of Pages: 1

Price: **free**

Limit: 50

DOH #:
Pub 333-053

West Nile Virus: Do You Know What's Biting You? – Envelope Stuffer

Important tips on mosquito bite prevention and habitat reduction to protect against West Nile virus. The statement stuffers are intended to be used as inserts with billing statements, such as utility statements. A printer ready copy is available on the HERE web site at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=315.

Languages: English, Spanish

Revised: 2003

Type: **envelope
stuffer**

of Pages: 1

Price: **free**

Limit: 50

DOH #:
Pub 333-054

West Nile Virus: Mosquito Repellent How to Use it Safely

Insert card on the pesticide DEET to prevent mosquito bites. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=321.

Languages: English

Revised: 2003

Type: **card**

of Pages: 1, **2-sided**

Price: **free**

Limit:

Pesticides

DOH #:
Pub 333-045

Bug Bombs: Overkill Can Be Dangerous

The brochure explains how to use total release foggers (bug bombs) safely in your home. It covers the proper amount of fogger needed to treat a room or entire house, a safety checklist when using a fogger, and general tips on handling pesticides. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=260.

Languages: English

Revised: **2004**

Type: **brochure**

of Pages: **4**

Price: **free**

Limit: **50**

DOH #:
Pub 333-010SP

Cuidado con los Pesticidas! Fotonovela - Spanish

Spanish language fotonovela regarding pesticide dangers for farm workers. There is an English translation available as well. Please order from the DOH Office of Environmental Health and Safety, at (360) 236-3360.

Languages: Spanish

Revised: **2000**

Type: **fotonovela**

of Pages: **10**

Price: **free**

Limit: **50**

DOH #:
Pub 333-054

West Nile Virus: Mosquito Repellent How to Use it Safely

Insert card on the pesticide DEET to prevent mosquito bites. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=321.

Languages: English

Revised: **2003**

Type: **card**

of Pages: **1, 2-sided**

Price: **free**

Limit:

Physical Activity

DOH #:
Pub 961-257

30-5-20

Bookmark is companion piece of the Family Physical Activity materials series, which includes posters and interactive handouts. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This bookmark provides information on one of the important components to physical activity (length/duration/frequency of physical activity for adults) and provides information on the outcomes adults will experience when active. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.17 each. Languages: English, Spanish

Revised: **2004**

Type: **bookmark**

of Pages: **1, 2-sided**

Price: **see above**

Limit: **500**

DOH #:
Pub 130-050

9 Steps to Healthy Aging

This material is no longer in print. For more information, visit the Healthy Aging web site: <http://www.doh.wa.gov/cfh/ohp/HealthyAging/stepstohealthyaging.htm>.

Languages: English, Spanish

Revised: **2004**

Type: **poster**

of Pages: **1**

Price:

Limit:

DOH #:
Pub 961-260

Active Families Look Better

Bookmark is companion piece of the Family Physical Activity materials series, which includes posters and interactive handouts. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This bookmark provides information on one of the important components to physical activity (active families experience positive benefits) and gives ideas on different activities to try. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.17 each.

Languages: English, Spanish

Revised: **2004**

Type: **bookmark**

of Pages: **1, 2-sided**

Price: **see above**

Limit: **500**

DOH #:
Pub 961-253

Active Families, Active Kids - Ideas to Keep you Moving

Interactive handout is companion piece of the Family Physical Activity materials series, which includes posters and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This interactive handout provides information on different activities to do with children and gift ideas to help children be more active. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.18 each.

Languages: English, Spanish

Revised: **2004**

Type: **handout**

of Pages: **1, 2-sided**

Price: **see above**

Limit: **500**

Physical Activity

DOH #:
Pub 961-262

Activity Guide Pyramid

Supplemental material is companion piece of the Family Physical Activity materials series. This material uses the pyramid guide to depict different activities that will help families become more active. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: 2004

Type: **brochure**

of Pages: 1

Price: **see above**

Limit: 500

DOH #:
Pub 961-248

Activity Has Its Benefits

Poster is companion piece of the Family Physical Activity materials series, which includes interactive handouts and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This poster provides information on different ways adults and children can be active using the Activity Guide Pyramid. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$3.77 each.

Languages: English, Spanish

Revised: 2004

Type: **Poster**

of Pages: 1

Price: **see above**

Limit: 10

DOH #:
Pub 961-271

Activity Picture Cards

Activity Picture Cards are companion piece of the Family Physical Activity materials series. These cards illustrate different types of children activities and are a tool that can be used during group sessions. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English

Revised: 2004

Type: **card**

of Pages: 18 cards

Price: **see above**

Limit: 10

DOH #:
Pub 130-037

Be healthy. Be active. (Large Poster)

18"x 24" full color gloss coated poster, with four individuals over 50 performing everyday activities that allows them to stay physically active. Includes a statement regarding the benefits of physical activity by being active 30 minutes a day, at least 10 minutes at a time, 5 times a week. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=307.

Languages: English

Revised: 2000

Type: **poster**

of Pages: 1

Price: **free**

Limit: 50

Physical Activity

DOH #:
Pub 130-036

Be healthy. Be active. (Medium Poster)

11"x 17" full color gloss coated poster, with four individuals over 50 performing everyday activities that allows them to stay physically active. Includes a statement regarding the benefits of physical activity by being active 30 minutes a day, at least 10 minutes at a time, 5 times a week. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=308.

Languages: English, Spanish

Revised: 2000

Type: poster

of Pages: 1

Price: free

Limit: 100

DOH #:
Pub 130-035

Be healthy. Be active. (Small Poster)

8.5" x 11" full color poster, with four individuals over 50 performing everyday activities that allows them to stay physically active. Includes a statement regarding the benefits of physical activity by being active 30 minutes a day, at least 10 minutes at a time, 5 times a week. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=309.

Languages: English

Revised: 2000

Type: poster

of Pages: 1

Price: free

Limit: 200

DOH #:
Pub 961-256

Being Active with Other People is Fun

Bookmark is companion piece of the Family Physical Activity materials series, which includes posters and interactive handouts. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This bookmark provides information on one of the important components to physical activity (being active with others is fun) and gives ideas on activities with others. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.17 each.

Languages: English, Spanish

Revised: 2004

Type: bookmark

of Pages: 1, 2-sided

Price: see above

Limit: 500

DOH #:
Pub 961-GROW

Children Growing Healthy

Contains healthy snack and activity ideas, which teach confidence and a healthy lifestyle. Free to WIC/CFH contractors only. Others may purchase for \$0.44 each.

Languages: English, Spanish

Revised: 1998

Type: booklet

of Pages: 6

Price: see above

Limit: 100

Physical Activity

DOH #:
Pub 961-258

Children Spend Time Watching TV

Bookmark is companion piece of the Family Physical Activity materials series, which includes posters and interactive handouts. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This bookmark provides information on one of the important components to physical activity (TV viewing and impact on physical activity) and gives toy ideas for children that will help them be active. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.17 each.

Languages: English, Spanish

Revised: **2004** Type: **bookmark** # of Pages: **1, 2-sided** Price: **see above** Limit: **500**

DOH #:
Pub 961-EX

Exercise

Describes easy exercise ideas and energizing snack suggestions for pregnancy. Free to WIC/CFH contractors only. Others may purchase for \$0.14 each.

Languages: English

Revised: **1997** Type: **brochure** # of Pages: **1** Price: **see above** Limit: **100**

DOH #:
Pub 961-269

Family Physical Activity - Group Session Evaluation

Group Session Evaluation is companion piece of the Family Physical Activity materials series. This evaluation form can be given to clients who attend a physical activity group session to help the clinic staff evaluate the effectiveness of the session. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: **2004** Type: **brochure** # of Pages: **1** Price: **see above** Limit: **500**

DOH #:
Pub 961-272

Fitness Fun - Coloring Material

Coloring materials are companion piece of the Family Physical Activity materials series. This material provides simple messages about physical activity that can be given to clients to color. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English

Revised: **2004** Type: **coloring sheets** # of Pages: **4** Price: **see above** Limit: **10**

Physical Activity

DOH #:
Pub 961-270

Get Moving, Be Active - Banner

Banner is companion piece of the Family Physical Activity materials series. This banner has the key message about family physical activity ("Get Moving, Be Active") and can be used in the clinic to help reinforce the message. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English

Revised: **2004** Type: **banner** # of Pages: Price: **see above** Limit: **500**

DOH #:
Pub 961-261

Get Moving! Be Active! - Brochure

Supplemental material is companion piece of the Family Physical Activity materials series. This material can be edited by staff to add community's physical activity resources and given to clients for their use. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: **2004** Type: **brochure** # of Pages: **1** Price: **see above** Limit: **500**

DOH #:
Pub 961-245

Get Moving, Be Active - Physical Activity Module Staff Training Notebook

Staff Training Notebook is companion piece of the Family Physical Activity materials series. This notebook provides information on how to successfully implement Physical Activity module in their clinic. The notebook provides samples of the promotional materials; group sessions lesson plans; staff training overheads; information on "stages of change" and social marketing; staff newsletters; and additional resources. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English

Revised: **2004** Type: **notebook** # of Pages: **200** Price: **see above** Limit: **None**

DOH #:
Pub 961-246

Get moving, Be Active! - Poster

Poster is companion piece of the Family Physical Activity materials series, which includes interactive handouts and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This poster provides information on what active families do together. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. If ordered by others, please see payment information. Others may purchase for \$3.77 each.

Languages: English, Spanish

Revised: **2004** Type: **poster** # of Pages: **1** Price: **see above** Limit: **10**

Physical Activity

DOH #:
Pub 961-252

Getting Started - Good News About Family Physical Activity

Interactive handout is companion piece of the Family Physical Activity materials series, which includes posters and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This interactive handout helps clients to identify their favorite reasons to be active and ideas on how to overcome barriers to physical activity. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.18 each.

Languages: English, Spanish

Revised: **2004** Type: **handout** # of Pages: **1, 2-sided** Price: **see above** Limit: **500**

DOH #:
Pub 961-259

It's Easier Than You Think

Bookmark is companion piece of the Family Physical Activity materials series, which includes posters and interactive handouts. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This bookmark provides information on one of the important components to physical activity (incorporating activity into daily routine) and gives ideas on different activities to try. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.17 each.

Languages: English, Spanish

Revised: **2004** Type: **bookmark** # of Pages: **1, 2-sided** Price: **see above** Limit: **500**

DOH #:
Pub 961-263

Just Move It!

Supplemental material is companion piece of the Family Physical Activity materials series. This material provides information on ideas for physical activities to do with children. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: **2004** Type: **brochure** # of Pages: **1** Price: **see above** Limit: **500**

DOH #:
Pub 961-247

Kids are Active by Nature

Poster is companion piece of the Family Physical Activity materials series, which includes interactive handouts and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This poster provides information on physical activities that young children like to do. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$3.77 each.

Languages: English, Spanish

Revised: **2004** Type: **Poster** # of Pages: **1** Price: **see above** Limit: **10**

Physical Activity

DOH #:
Pub 961-255

Link with TV and Weight

Bookmark is companion piece of the Family Physical Activity materials series, which includes posters and interactive handouts. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This bookmark provides information on one of the important components to physical activity (link between TV viewing and being overweight) and gives ideas on different activities to try. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.17 each.

Languages: English, Spanish

Revised: **2004** Type: **bookmark** # of Pages: **1, 2-sided** Price: **see above** Limit: **500**

DOH #:
Pub 961-250

Make the Most of Your Time

Poster is companion piece of the Family Physical Activity materials series, which includes interactive handouts and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This poster provides information on what happens when families turn off the TV and tips how to start watching less TV. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$3.77 each.

Languages: English, Spanish

Revised: **2004** Type: **Poster** # of Pages: **1** Price: **see above** Limit: **10**

DOH #:
Pub 961-254

Moving On - Want to Add More Family Physical Activity?

Interactive handout is companion piece of the Family Physical Activity materials series, which includes posters and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This interactive handout provides ideas on how to be continue to be physically active. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.18 each.

Languages: English, Spanish

Revised: **2004** Type: **handout** # of Pages: **1, 2-sided** Price: **see above** Limit: **500**

DOH #:
Pub 130-NA

Physical Activity Campaign: Logo Slicks

States the benefits of physical activity by being active 30 minutes a day at least 10 minutes at a time, 5 times a week. Designed to be used on physical activity materials. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=311.

Languages: English

Revised: Type: **logo slicks** # of Pages: Price: Limit:

Physical Activity

DOH #:
Pub 961-265

Physical Activity Prescription

Supplemental material is companion piece of the Family Physical Activity materials series. This material can be used help children mark their progress in achieving their physical activity goals. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: 2004

Type: brochure

of Pages: 1

Price: see above

Limit: 500

DOH #:
Pub 961-267

Playtime at WIC

Promotional Flyer is companion piece of the Family Physical Activity materials series. This flyer can be used to help promote/announce the clinic's upcoming group session on family physical activity. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: 2004

Type: brochure

of Pages: 1

Price: see above

Limit: 500

DOH #:
Pub 961-264

Stre-e-tch to be Fit

Supplemental material is companion piece of the Family Physical Activity materials series. This material provides information on the importance of stretching and tips of how to do it. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: 2004

Type: brochure

of Pages: 2

Price: see above

Limit: 500

DOH #:
Pub 961-268

Stress? Tired?

Promotional Flyer is companion piece of the Family Physical Activity materials series. This flyer can be used to help promote/announce the clinic's upcoming group session on family physical activity. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: 2004

Type: brochure

of Pages: 1

Price: see above

Limit: 500

Physical Activity

DOH #:
Pub 961-198

The Road to Healthy Behaviors for You and Your Child

How to keep your child active, suggestions for eating away from home, and general nutrition tips. Free to WIC/CFH contractors only. Others may purchase for \$0.04 each.

Languages: English

Revised: Type: **brochure** # of Pages: **1** Price: **see above** Limit: **250**

DOH #:
Pub 961-266

Tips for Families - Client Feedback Cards

Client Feedback Card is companion piece of the Family Physical Activity materials series. This card is can be filled out by clients to share their tips/ideas about family physical activity which can be displayed on bulletin boards to give families additional ideas. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: English, Spanish

Revised: **2004** Type: **card** # of Pages: **1, 2-sided** Price: **see above** Limit: **500**

DOH #:
Pub 910-118

what's up? - Information for Adults Who Care About Teens – Adolescent Physical Activity

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=338. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: **2003** Type: **fact sheet** # of Pages: **1, 2-sided** Price: **see above** Limit: **see above**

DOH #:
Pub 341-005

What You Can Do To Prevent Falls

Targeted towards older adults. A brief overview of things to do to reduce the risk of falls: including exercise, home safety tips, medication review, and regular vision exams. Printed with large font so it is easier to read.

Languages: English

Revised: **2001** Type: **brochure** # of Pages: **2** Price: **free** Limit: **200**

Physical Activity

DOH #:
Pub 910-118

Why Turn the TV Off?

Poster is companion piece of the Family Physical Activity materials series, which includes interactive handouts and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This poster provides information on the reasons to turn off the TV and outcomes likely to be seen in children. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$3.77 each.

Languages: English, Spanish

Revised: **2004**

Type: **Poster**

of Pages: **1**

Price: **see above**

Limit: **10**

DOH #:
Pub 961-251

Your Kids Learn to be Active From You

Poster is companion piece of the Family Physical Activity materials series, which includes interactive handouts and bookmarks. These materials were developed using the Transtheoretical Model (Stages of Change) to help counsel clients with behavior change by identifying motivators and barriers to physical activity. This poster provides information on how to overcome barriers to physical active. It is recommended that staff first order the Physical Activity Module Staff Training Notebook (DOH Pub 961-273) to learn how to effectively use the materials with clients. Free to WIC/CFH contractors only. Others may purchase for \$3.77 each.

Languages: English, Spanish

Revised: **2004**

Type: **Poster**

of Pages: **1**

Price: **see above**

Limit: **10**

Pregnancy and Newborn

DOH #:
Pub 347-005

About Chlamydia

Describes symptoms, treatment, and prevention of Chlamydia trachomatis. Also available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=253.

Languages: English, Spanish

Revised: 1991 Type: **brochure** # of Pages: 8 Price: **free** Limit: **none**

DOH #:
Pub 348-013

¡Alarma!

Spanish language fotonovela with PID, Chlamydia, HIV, and asymptomatic infection.

Languages: Spanish

Revised: 1996 Type: **fotonovela** # of Pages: 8 Price: **free** Limit: **none**

DOH #:
Pub 304-002

Alpha Thalassemia

Alpha thalassemia is common in people with ancestors from China, the Philippines, Thailand, Vietnam, Cambodia, Laos, and several other Asian countries. Explains hemoglobin and the alpha thalassemia genes. It provides information about: alpha thalassemia trait, hemoglobin H disease, alpha thalassemia major (Fetal Hydrops), and prenatal diagnosis. Also available online at:

<http://www.doh.wa.gov/ehsphl/phl/newborn/reports.htm> .

Languages: Cambodian, Chinese, English, Laotian, Spanish, Vietnamese

Revised: 1997 Type: **brochure** # of Pages: 2 Price: **free** Limit: 4

DOH #:
Pub 951-113

Aplastic Crisis

Defines Aplastic Crisis and discusses symptoms, susceptibility, treatment and follow-up. Also available online at: <http://www.doh.wa.gov/ehsphl/phl/newborn/aplastic.htm>.

Languages: English

Revised: 1993 Type: **brochure** # of Pages: 2 Price: **free** Limit: 4

DOH #:
Pub 348-044

Are You Hepatitis B Positive and Pregnant?

This is a companion piece to the How to Protect Your Baby pamphlet. It can be used as an insert or can stand alone. It provides information for pregnant women who have hepatitis B about treatment for their babies and household members. Will not be reprinted once the current inventory is exhausted.

Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=330.

Languages: English

Revised: 1997 Type: **fact sheet** # of Pages: 2 Price: **free** Limit: **none**

Pregnancy and Newborn

DOH #:
Pub 930-102

Before You Get Pregnant: Planning is the Key

9x14 brochure. Lists how to avoid the risks of birth defects and pregnancy problems before and during pregnancy. Call 360-236-3552 for price. Available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=349.

Languages: English, Spanish

Revised: 2000

Type: **brochure**

of Pages: 1

Price: **free**

Limit: 100

DOH #:
Pub 304-003

Beta Thalassemia

Beta thalassemia is found in people with Chinese, Italian, Greek and African ancestry. Explains hemoglobin and the beta thalassemia genes. Provides information about: beta thalassemia trait, beta thalassemia major, sickle-beta thalassemia, and prenatal diagnosis of beta thalassemia.

Languages: Chinese, English, Spanish

Revised: 1997

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 4

DOH #:
Pub 961-USDA

Breastfeeding: Breastfeeding is a Dance that Mother and Baby Learn. Learn that Dance and Enjoy Each Other!

Written for women who are breastfeeding, or are pregnant. 8.5" x 11", folded. Produced by the USDA. Free to WIC/CFH contractors only. Others may purchase for \$0.15 each.

Languages: English

Revised: 2002

Type: **brochure**

of Pages: 1, 2-sided

Price: **see above**

Limit: 250

DOH #:
Pub 951-106

Chest Syndrome

Defines what chest syndrome is with relation to sickle cell disease and discusses causes, symptoms, treatment and outcomes.

Languages: English

Revised: 1993

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 4

DOH #:
Pub 961-EX

Exercise

Describes easy exercise ideas and energizing snack suggestions for pregnancy. Free to WIC/CFH contractors only. Others may purchase for \$0.14 each.

Languages: English

Revised: 1997

Type: **brochure**

of Pages: 1

Price: **see above**

Limit: 100

Pregnancy and Newborn

DOH #:
Pub 961-186

Feeding Your Baby 6 to 12 Months

Provides a chart for guidelines to use when introducing foods to the older baby, including age-appropriate development. Additional information on food safety, allergic reactions to food and dental care. Free to WIC/CFH contractors only. Others may purchase for \$0.13 each. Also available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=380.

Languages: English, Spanish

Revised: Type: **pamphlet** # of Pages: **3** Price: **see above** Limit: **250**

DOH #:
Pub 961-201

Feeding Your Baby Birth to 6 Months

Fold-out brochure with information on baby's cues, breastfeeding, formula feeding, waiting to start solid foods, food safety, and introduction to infant cereal. Unfolds to make an 11" x 17" poster. Free to WIC/CFH contractors only. Others may purchase for \$0.08 each.

Languages: English, Spanish

Revised: **2002** Type: **brochure** # of Pages: **1** Price: **see above** Limit: **300**

DOH #:
Pub 961-185

Feeding Your Baby Birth to 8 Months

Provides guidelines for introducing foods to infants, along with their developmental capabilities. Additional information about baby's cues, food safety and allergic reactions. Free to WIC/CFH contractors only. Others may purchase for \$0.09 each. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=379

Languages: English, Spanish

Revised: Type: **pamphlet** # of Pages: **2** Price: **see above** Limit: **250**

DOH #:
Pub 951-UWPKU-
1

Finger Foods are Fun!

Recipes for people with PKU.

Languages: English

Revised: **1997** Type: **booklet** # of Pages: **8** Price: **free** Limit: **2**

DOH #:
Pub 961-202

Fish Facts For Good Health

Encourages eating fish as part of a healthy diet, and warns about mercury levels in some fish, including tuna. Gives guidelines for choosing fish that is low in mercury. Free to WIC contractors. Others may purchase for \$0.08 each. Also available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=287.

Languages: Arabic, Cambodian, Chinese, English, Korean, Russian, Somali, Spanish, Vietnamese

Revised: **2002** Type: **brochure** # of Pages: **4** Price: **see above** Limit: **none**

Pregnancy and Newborn

DOH #:
Pub 345-026

Foods Not For Babies

Developed for use in child care centers to remind staff of health and safety practices. Easy to read, 8.5" x 11" pictorial poster. Part of the Day Care Poster series. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=215.

Languages: English

Revised: 2000

Type: poster

of Pages: 1

Price: free

Limit: 50

DOH #:
Pub 347-006

Genital Herpes

Provides basic information concerning genital herpes, symptoms, and complications, etc. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=258.

Languages: English, Spanish

Revised: 1990

Type: brochure

of Pages: 8

Price: free

Limit: none

DOH #:
Pub 347-030

Genital Warts: Answers to your Questions

Provides basic information about genital warts, symptoms, complications and treatment. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=257.

Languages: English, Spanish

Revised: 2004

Type: brochure

of Pages: 7

Price: free

Limit: none

DOH #:
Pub 961-146

Gestational Diabetes

Provides general dietary guidelines for women with gestational diabetes. Free to WIC/CFH contractors only. Others may purchase for \$0.15 each.

Languages: English

Revised: 1992

Type: brochure

of Pages: 4

Price: see above

Limit: 250

DOH #:
Pub 304-004

Hemoglobin C

Hemoglobin C is common in people of African ancestry including West Indies and African Americans. Pamphlet explains hemoglobin and the hemoglobin C gene. Provides information about: hemoglobin C trait, hemoglobin C disease, sickle C disease, and prenatal diagnosis.

Languages: English, Spanish

Revised: 1997

Type: brochure

of Pages: 2

Price: free

Limit: 4

Pregnancy and Newborn

DOH #:
Pub 951-110

Hemoglobin C Disease

For parents of a child with hemoglobin C disease. It provides information about the following: what is hemoglobin C disease, inheritance, and problems seen in children with this disease.

Languages: English

Revised: **1993** Type: **brochure** # of Pages: **2** Price: **free** Limit: **4**

DOH #:
Pub 951-115

Hemoglobin D

Defines hemoglobin and discusses hemoglobin D and disorders associated with it.

Languages: English

Revised: **1999** Type: **brochure** # of Pages: **2** Price: **free** Limit: **4**

DOH #:
Pub 304-005

Hemoglobin E

Hemoglobin E is common in people of Southeast Asian ancestry. This pamphlet explains hemoglobin and the hemoglobin E gene. Provides information about hemoglobin EE, hemoglobin E-beta thalassemia, and prenatal diagnosis.

Languages: Cambodian, English, Laotian, Vietnamese

Revised: **1997** Type: **brochure** # of Pages: **2** Price: **free** Limit: **4**

DOH #:
Pub 951-104

Hemoglobin Sickle C Disease

Pamphlet is for parents of a child with sickle C disease. It provides information about the following: what is sickle C disease, inheritance, and problems seen in children with this disease.

Languages: English

Revised: **1993** Type: **brochure** # of Pages: **1, 2-sided** Price: **free** Limit: **4**

DOH #:
Pub 348-009

Hepatitis B: How to Protect Your Baby

Brochure for pregnant women, encouraging them to be screened for hepatitis B and how to protect their babies from becoming infected. Will not reprint once the current inventory is exhausted. The English and Spanish versions were revised in 1999, the remaining languages were written in 1995. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=329.

Languages: Amharic, Cambodian, Chinese, English, Farsi, Hindi, Hmong, Japanese, Korean, Laotian, Oromo, Romanian, Russian, Samoan, Serbo-Croatian, Somali, Spanish, Tagalog, Thai, Tigrigna, Ukrainian, Vietnamese

Revised: **1999** Type: **brochure** # of Pages: **4** Price: **free** Limit: **none**

Pregnancy and Newborn

DOH #:
Pub 961-117

How Much Weight Should I Gain?

Recommendations for weight gain during pregnancy, including information on daily food choices for pregnancy using the food guide pyramid. Free to WIC/CFH contractors only. Others may purchase for \$0.15 each.

Languages: English

Revised: **1995** Type: **brochure** # of Pages: **4** Price: **see above** Limit: **250**

DOH #:
Pub 961-182

How to Clean and Put Together your New Medela Lactina Double Breast Pump Kit

For use with the WIC-issued breast pump. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: Cambodian, Chinese, Russian, Vietnamese

Revised: **1999** Type: **fact sheet** # of Pages: **1** Price: **see above** Limit: **150**

DOH #:
Pub 961-181

How to Clean and Put Together your New Medela Manual Breast Pump

For use with the WIC-issued breast pump. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: Cambodian, Chinese, Russian, Vietnamese

Revised: **1999** Type: **fact sheet** # of Pages: **1** Price: **see above** Limit: **150**

DOH #:
Pub 961-173

How WIC Helps

Information about the WIC program, including WIC foods, nutrition information for pregnant women, children and infants. Includes breastfeeding. Free to WIC/CFH contractors only. If ordered by others, see payment information.

Languages: English

Revised: **1994** Type: **brochure** # of Pages: **10** Price: **free** Limit: **250**

DOH #:
Pub 961-138

Infant Formula Preparation from Concentrated Liquid

Pictures show the proper way to mix concentrated formula through the use of pictures. Free to WIC/CFH contractors only. Others may purchase for \$0.15 each.

Languages: Chinese, English, Laotian, Vietnamese

Revised: Type: **fact sheet** # of Pages: **1** Price: **see above** Limit: **250**

Pregnancy and Newborn

DOH #:
Pub 341-010

Is Your Child in Danger from a Recalled Product? - Fact Sheet

Shows illustrations of the type of child products recalled for safety reasons by the U.S. Consumer Product Safety Commission; provides information on type of injuries that can result from recalled products; includes national and Washington state statistics; explains how to check for recalled products. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=279.
Languages: English, Spanish

Revised: **2002** Type: **fact sheet** # of Pages: **1** Price: **free** Limit: **100**

DOH #:
Pub 341-011

Is Your Child in Danger from a Recalled Product? - Poster

18" X 24" Shows illustrations of the type of child products recalled for safety reasons by the U.S. Consumer Product Safety Commission. Provides information on how to check for recalled products. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=317.
Languages: English, Spanish

Revised: **2002** Type: **poster** # of Pages: **1** Price: **free** Limit: **10**

DOH #:
Pub 962-937

Just For Grandparents

Folded brochure, 2-sided. Tells how grandparents can support the new mother in breastfeeding. The Spanish brochure is Pub 962-937Spanish. Free to WIC/CFH contractors. Others may purchase for \$0.15 each.
Languages: English, Spanish

Revised: **2003** Type: **brochure** # of Pages: **1, 2-sided** Price: **see above** Limit: **100**

DOH #:
Pub 347-034SP

La Verguenza - Herpes Fotonovela

Spanish language fotonovela with a herpes theme.

Languages: English

Revised: **1996** Type: **fotonovela** # of Pages: **8** Price: **free** Limit: **none**

DOH #:
Pub 348-001

Lifetime Immunization Record

Passport-size card given to patients when receiving immunizations. Serves as a personal record of immunization for school and day care admission, etc. 7th grade reading level. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=278.
Languages: English

Revised: **2001** Type: **card** # of Pages: **1, 2-sided** Price: **free** Limit: **none**

Pregnancy and Newborn

DOH #:
Pub 304-110

New Parents' Guide to PKU

Discusses what PKU is, its treatment and PKU clinic.

Languages: English

Revised: 1997

Type: **booklet**

of Pages: 17

Price: **free**

Limit: 2

DOH #:
Pub 304-007

Newborn Screening Tests and Your Baby

Explanation of blood test given to all newborn babies to detect certain disorders which benefit from early diagnosis & treatment. Disorders: CH (Congenital Hypothyroidism), PKU (Phenylketonuria) & CAH (Congenital Adrenal Hyperplasia), hemoglobinopathy (sickle cell disease & other hemoglobin abnormalities). Also available online: <http://www.doh.wa.gov/ehsphl/phl/newborn/reports.htm>.

Languages: Cambodian, Chinese, English, Korean, Laotian, Spanish, Vietnamese

Revised: 2002

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 50

DOH #:
Pub 961-144

Nine Months to Get Ready

A month-to-month description of fetal development, changes to the pregnant woman's body and how to have a healthy pregnancy. Nutrition, examinations, common problems, weight gain, breast feeding, exercises, sex during pregnancy, and postpartum issues. Free to WIC/CFH contractors only. Others may purchase for \$2.10 each.

Languages: English, Spanish

Revised: 1997

Type: **booklet**

of Pages: 38

Price: **see above**

Limit: 250

DOH #:
Pub 951-114

PAIN in the Child with Sickle Cell Disease

Defines painful episodes and discusses causes, locations and treatment. Available online at: <http://www.doh.wa.gov/ehsphl/phl/newborn/Pain.htm>.

Languages: English

Revised: 1993

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 4

DOH #:
Pub 348-080

Plain Talk About Childhood Immunizations

Designed for parents who have in-depth questions about vaccine safety. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=312.

Languages: English, Spanish

Revised: 2003

Type: **booklet**

of Pages: 41

Price: **none**

Limit: 25

Pregnancy and Newborn

DOH #:
Pub 951-105

Pneumococcal Infection and Penicillin

Defines pneumococcal infection and discusses susceptibility, symptoms and treatment with penicillin. Also available online at: <http://www.doh.wa.gov/ehsphi/phl/newborn/pneumo.htm>.

Languages: English

Revised: **1993** Type: **brochure** # of Pages: **2** Price: **free** Limit: **4**

DOH #:
Pub 410-016

Prenatal Testing for HIV - Card

What a pregnant woman should know about HIV testing. Designed for OB providers and for women who are considering pregnancy, to inform them that HIV testing is done routinely along with other pregnancy tests. Informs patient of the importance of knowing her HIV status to prevent transmission to her newborn. 4th grade reading level Q & A. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=290.

Languages: English, Spanish

Revised: **2003** Type: **card** # of Pages: **1** Price: **free** Limit: **400**

DOH #:
Pub 410-015

Prenatal Testing for HIV - Brochure

What a pregnant woman should know about HIV testing. Designed for OB providers and for women who are considering pregnancy, to inform them that HIV testing is done routinely along with other pregnancy tests. Informs patient of the importance of knowing her HIV status to prevent transmission to her newborn. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=347.

Languages: English

Revised: **2003** Type: **brochure** # of Pages: **tri-fold** Price: **free** Limit: **400**

DOH #:
Pub 951-111

Priapism

Defines priapisms and discusses occurrences, causes and prevention. Also available online at: <http://www.doh.wa.gov/ehsphi/phl/newborn/priapism.htm>.

Languages: English

Revised: **1993** Type: **brochure** # of Pages: **2** Price: **free** Limit: **4**

DOH #:
Pub 962-EX

Relax

Gives ideas for ways to let go of stress for both mind and body during pregnancy. Free to WIC/CFH contractors only. Others may purchase for \$0.13 each.

Languages: English, Spanish

Revised: **1997** Type: **brochure** # of Pages: **1** Price: **see above** Limit: **100**

Pregnancy and Newborn

DOH #:
Pub 951-107

Sickle Beta Thalassemia

For parents of a child with sickle beta zero thalassemia. It provides information about what sickle beta zero thalassemia is, inheritance, problems seen in children, and what to expect. More information and publications are available on the web site: <http://www.doh.wa.gov/ehsphi/phl/newborn/reports.htm>.

Languages: English

Revised: 1993

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 4

DOH #:
Pub 951-109

Sickle Cell Anemia and Stroke

Defines what a stroke is and describes causes, symptoms, treatment and prevention. Also available online at: <http://www.doh.wa.gov/ehsphi/phl/newborn/scstroke.htm>.

Languages: English

Revised: 1993

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 4

DOH #:
Pub 951-116

Sickle Hemoglobin

Defines hemoglobin and discusses sickle hemoglobin and disorders associated with it. More information and publications are available on the web site: www.doh.wa.gov/nbs.

Languages: English, Spanish

Revised: 2000

Type: **brochure**

of Pages: 2

Price: **free**

Limit: 4

DOH #:
Pub 910-107

Simple Ways to Reduce the Risk of SIDS and Keep a Baby Healthy

For new parents, grandparents, child care providers and babysitters: Nine examples to reduce the risk of SIDS and keep baby healthy, including putting infant to sleep on its back. Brochure formatted for both English and Spanish in one printed format. Provides referral to the SIDS Foundation of Washington. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=318.

Languages: English, Spanish

Revised: 2003

Type: **brochure**

of Pages: 1

Price: **free**

Limit: 100

DOH #:
Pub 962-IDC

Taking Care of Gestational Diabetes

Provides information for achieving a healthy pregnancy with gestational diabetes. Free to WIC/CFH contractors only. Others may purchase directly from International Diabetes Center, 3800 Park Nicollet Blvd, Minneapolis, MN 55416-2699, 612-993-3393, www.idcpublishing.com.

Languages: English, Spanish

Revised: 1998

Type: **booklet**

of Pages: 23

Price: **n/a**

Limit: 25

Pregnancy and Newborn

DOH #:
Pub 961-119

The First Twelve Months

Suggested time line for adding new foods during baby's first year. Available in English and Spanish. Free to WIC/CFH contractors only. If ordered by others, please see payment information.

Languages: English, Spanish

Revised: 1981 Type: **brochure** # of Pages: 24 Price: **10¢ ea.** Limit: 250

DOH #:
Pub 951-103

The Infant and Young Child with Sickle Cell Anemia:

For parents of a child with sickle cell disease. Provides information about the special medical issues for the infant and young child with sickle cell disease including the disorder and fever, the spleen, infection, penicillin and painful episodes. Also available online at:

<http://www.doh.wa.gov/ehsphl/phl/newborn/chwsick.htm>

Languages: English, Spanish

Revised: 1993 Type: **brochure** # of Pages: 15 Price: **free** Limit: 2

DOH #:
Pub 970-107

Watching Your Low Birth Weight Child Grow: Tips for Parents

A booklet for parents of children, ages birth to three years, who were born weighing five pounds or less. Creation of this booklet was coordinated by Mary Bridge Children's Hospital High Risk Infant Follow Up Program. People wanting a copy may request one by phoning 253-403-5525. It is not available from the DOH warehouse.

Languages: English

Revised: 2002 Type: **booklet** # of Pages: 20 Price: **free** Limit: **as available**

DOH #:
Pub 348-046

What Asians and Pacific Islanders Need to Know About Hepatitis B

Discusses hepatitis B, its transmission, the need for Asians and Pacific Islanders to get tested for hepatitis B, and reasons to get the hepatitis B vaccine series if they are susceptible. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=277.

Languages: Cambodian, Chinese, English, Korean, Laotian, Samoan, Tagalog, Vietnamese

Revised: 1998 Type: **brochure** # of Pages: 1, 2-sided Price: **free** Limit: **none**

DOH #:
Pub 962-106

WIC Outreach: Call WIC for Your Child's Good Health

WIC outreach poster: 17 x 25", with photos of women, infants and children. Available in English, Spanish and Russian. (962-106E for English, 962-106S for Spanish and 962-106R for Russian.)

Languages: English, Russian, Spanish

Revised: 1996 Type: **poster** # of Pages: 1 Price: **free** Limit: 25

Pregnancy and Newborn

DOH #:
Pub 962-108

WIC Outreach: Call WIC for Your Child's Health

WIC outreach poster 17X20 with drawings of families of different racial, ethnic backgrounds receiving WIC services. The "Call WIC For Your Child's Good Health" message is stated in English, Spanish, Vietnamese, and Russian.

Languages: English, Russian, Spanish, Vietnamese

Revised: **1996** Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

DOH #:
Pub 962-911

WIC Outreach: Does He Come with Directions? - Large Poster

Pop art outreach poster for the WIC program has 1-800 WIC telephone line. Poster is 12 x 20 inches.

Languages: English, Spanish

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

DOH #:
Pub 962-912

WIC Outreach: Does He Come with Directions? - Small Poster

Pop art outreach poster for the WIC program, has 1-800 WIC telephone line. Poster is 10 x 20 inches.

Languages: English, Spanish

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **50**

DOH #:
Pub 962-909

WIC Outreach: I Eat at Mom's! - African American

Pop art outreach poster for the WIC program aimed at African Americans, has 1-800 WIC telephone line. Poster is 12 x 20 inches.

Languages: English

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

DOH #:
Pub 962-910

WIC Outreach: I Eat at Mom's! - African American

Pop art outreach poster for the WIC program aimed at African Americans, has 1-800 WIC telephone line. Poster is 10 x 20 inches.

Languages: English

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

Pregnancy and Newborn

DOH #:
Pub 962-916

WIC Outreach: I Eat at Mom's! - English

Pop art outreach poster for the WIC program, has 1-800 WIC telephone line. Poster is 10 x 12 inches.

Languages: English

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

DOH #:
Pub 962-915

WIC Outreach: I Eat at Mom's! - English

Pop art outreach poster for the WIC program, has 1-800 WIC telephone line. Poster is 12 x 20 inches.

Languages: English

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

DOH #:
Pub 962-922

WIC Outreach: I Eat at Mom's! - Hispanic

Pop art outreach poster for the WIC program, has 1-800 WIC telephone line. Poster is 10 x 20 inches.

Languages: English, Spanish

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

DOH #:
Pub 962-921

WIC Outreach: I Eat at Mom's! - Hispanic

Pop art outreach poster for the WIC program, has 1-800 WIC telephone line. Poster is 12 x 20 inches.

Languages: English, Spanish

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

DOH #:
Pub 962-917

WIC Outreach: I Eat at Mom's! - Native American

Pop art outreach poster for the WIC program, has 1-800 WIC telephone line. Poster is 12 x 20 inches.

Languages: English

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

Pregnancy and Newborn

DOH #:
Pub 962-919

WIC Outreach: I Eat at Mom's! - Southeast Asian – Large Poster

Pop art outreach poster for the WIC program, has 1-800 WIC telephone line. Poster is 20 x 12 inches.

Languages: English

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

DOH #:
Pub 962-920

WIC Outreach: I Eat at Mom's! - Southeast Asian – Small Poster

Pop art outreach poster for the WIC program, has 1-800 WIC telephone line. Poster is 10 x 12 inches.

Languages: English

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

DOH #:
Pub 962-905

WIC Outreach: I Never Skip Meals, I'm Eating for Two - Large Poster

Pop art outreach poster for the WIC program, has 1-800 WIC telephone line. Poster is 12 x 20 inches.

Languages: English

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

DOH #:
Pub 962-907

WIC Outreach: I Never Skip Meals, I'm Eating for Two - Native American - Large Poster

Pop art outreach poster for the WIC program aimed at Native Americans, has 1-800 WIC telephone line. Poster is 12 x 20 inches.

Languages: English

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

DOH #:
Pub 962-908

WIC Outreach: I Never Skip Meals, I'm Eating for Two - Native American - Small Poster

Pop art outreach poster for the WIC program aimed at Native Americans, has 1-800 WIC telephone line. Poster is 10 x 20 inches.

Languages: English

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

Pregnancy and Newborn

DOH #:
Pub 962-906

WIC Outreach: I Never Skip Meals, I'm Eating for Two - Small Poster

Pop art outreach poster for the WIC program, has 1-800 WIC telephone line. Poster is 10 x 20 inches.

Languages: English

Revised: Type: **poster** # of Pages: **1** Price: **free** Limit: **25**

DOH #:
Pub 950-133

Will I Have A Healthy Baby?

Information on birth defects and genetic disorders and who may benefit from genetic counseling or testing. Lists genetics clinics in Washington, Oregon, Idaho and Alaska. Order multiple copies from the Genetics Services Section, at 253-395-6747.

Languages: Cambodian, Chinese, Korean, Laotian, Russian, Spanish, Vietnamese

Revised: **1998** Type: **brochure** # of Pages: **1** Price: **free** Limit: **100**

DOH #:
Pub 130-025

Steps to Help You Quit Smoking: How Other Moms Have Quit

Developed for women thinking about pregnancy or currently pregnant. An easy-to-read booklet with culturally appropriate illustrations. This self-help guide contains practical tips, a quit smoking plan and a quit day checklist. They are also available for viewing and printing online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=210.

Languages: English

Revised: **1999** Type: **booklet** # of Pages: **14** Price: **free** Limit: **100**

Radiation

DOH #:
Pub 320-005

100N Area Shoreline Radiation Survey and Dose Evaluation

Discusses radiation and dose along the 100N area shore of the Columbia river at Hanford.

Languages: English

Revised: 1995

Type: **book**

of Pages: 49

Price: **free**

Limit: 5

DOH #:
Pub EPA 402-K92-001

A Citizen's Guide to Radon

Gives guidance on the sources of radon, risks and prevention. You may also view and print it at the EPA web site, at <http://www.epa.gov/epahome/publications.htm>.

Languages: English

Revised: 1992

Type: **booklet**

of Pages: 15

Price: **free**

Limit: 5

DOH #:
Pub EPA 402-K-01-002

Building Radon Out: A Step-By-Step Guide on How To Build Radon-Resistant Homes

Provides extensive information on how to prevent radon gas from entering a building. Available from the DOH warehouse. May also be viewed and printed free from the EPA web site at: <http://www.epa.gov/epahome/publications.htm>.

Languages: English

Revised: 2001

Type: **manual**

of Pages: 81

Price: **free**

Limit: 5

DOH #:
Pub 402-K-00-008

Home Buyer's and Seller's Guide to Radon

Facts about radon and home testing for anyone buying or selling a home. May also be viewed and printed by accessing the EPA web site, at: <http://www.epa.gov/epahome/publications.htm>.

Languages: English

Revised: 2000

Type: **booklet**

of Pages: 32

Price: **free**

Limit: 5

DOH #:
Pub FDA 79-8099

Primer on Radiation

This document discusses background radiation, nuclear power, effects of radiation exposure and types of radiation including x-rays. This booklet will not be reprinted once the supply is exhausted at the warehouse.

Languages: English

Revised: 1979

Type: **booklet**

of Pages: 4

Price: **free**

Limit: 50

Radiation

DOH #:
Pub 320-004

Radon and Your Health

A guide for Washington residents on radon issues. Helps the reader decide whether to have their home tested for radon. Defines radon, where it comes from, its effect on health, which counties have higher levels and how to test for radon.

Languages: English

Revised: **1994**

Type: **booklet**

of Pages: **8**

Price: **free**

Limit: **10**

DOH #:
Pub 320-012

Special Report: Radioactivity in Columbia River Sediments and Their Health Effects

Discusses radioactive material in sediment of the Columbia River due to past practices at Hanford.

Languages: English

Revised: **1994**

Type: **report**

of Pages: **91**

Price: **free**

Limit: **5**

DOH #:
Pub 320-011

Special Report: Radon in Washington

In depth discussion of radon. Includes sources of radon, health effects, geographic distribution and technical bibliography.

Languages: English

Revised: **1994**

Type: **report**

of Pages: **102**

Price: **free**

Limit: **10**

DOH #:
Pub 320-026

Washington State Department of Health Responds to Hanford Wildfire

8.5 x 11, 2-sided handout. Describes the cause of the June, 2000 wildfire at the Hanford nuclear site. Explains that emergency workers and the public were not in danger from radionuclides transported in the fire. Gives details of EPA air sampling and sources for more information.

Languages: English

Revised: **2001**

Type: **handout**

of Pages: **1**

Price: **free**

Limit: **10**

DOH #:
Pub 320-027

Washington State Department of Health Wireless Communication Facilities - Position Paper

Provides a brief summary of what is currently known about RF radiation exposure and health, exposure levels produced by wireless communication facilities, and federal RF standards. Concludes with Washington State Department of Health findings and recommendations.

Languages: English

Revised: **1997**

Type: **report**

of Pages: **12**

Price: **free**

Limit: **5**

Reproductive Health

DOH #:
Pub 930-102

Before You Get Pregnant: Planning is the Key

9x14 brochure. Lists how to avoid the risks of birth defects and pregnancy problems before and during pregnancy. Call 360-236-3552 for price. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=349.

Languages: English, Spanish

Revised: 2000

Type: **brochure**

of Pages: 1

Price: **free**

Limit: **100**

DOH #:
Pub 347-344Ex

Beware of HPV (Men's Fitness)

Reprint article for males diagnosed with human papilloma virus.

Languages: English

Revised: 1989

Type: **reprint**

of Pages: 1

Price: **free**

Limit: **none**

DOH #:
Pub 930-101

Birth Control - Choosing the Method That's Right for You

Discusses all medically approved birth control methods including emergency contraception and four new methods.

Languages: English, Spanish

Revised: 2002

Type: **brochure**

of Pages: 18

Price: **free**

Limit: **500**

DOH #:
Pub 347-231

Chlamydia (Men's Fitness)

Reprinted article for men diagnosed with chlamydia.

Languages: English

Revised: 1989

Type: **reprint**

of Pages: 1

Price: **free**

Limit: **none**

DOH #:
Pub 347-348Ex

Condoms (Essence Magazine)

Answers and questions on condom use. For patients diagnosed or at risk for being infected with an STD.

Languages: English

Revised: 1991

Type: **reprint**

of Pages: 1

Price: **free**

Limit: **none**

Reproductive Health

DOH #:
**Pub 410-ETR-
Cond**

Condoms - Talking With Your Partner

Offers tips on how to negotiate the use of protection with your sex partner. If you wish to order more than 50 brochures, please contact ETR directly at 1-800-321-4407.

Languages: English

Revised: Type: **brochure** # of Pages: **2-sided** Price: **free** Limit: **50**

DOH #:
Pub 347-342Ex

Dangerous Sex (Muscle and Fitness)

Information on herpes, human papilloma virus, cytomegalovirus and hepatitis for males diagnosed with STD.

Languages: English

Revised: **1990** Type: **reprint** # of Pages: **1** Price: **free** Limit: **none**

DOH #:
Pub 930-107

Family Planning and Reproductive Health: Unintended Pregnancy

Family planning clinics will distribute to clients selectively. In a Q & A format. Discusses: What makes unintended pregnancy a problem? Isn't it just a teen problem? Plus more information. This will not be reprinted once supplies run out.

Languages: English

Revised: **2002** Type: **fact sheet** # of Pages: **1, 2-sided** Price: **free** Limit: **100**

DOH #:
Pub 930-108

Family Planning and Reproductive Health: What the Numbers Tell Us

This fact sheet is to be directed to legislators and other public officials or interest groups. Provides information about who uses family planning clinics. This will not be reprinted once supplies run out.

Languages: English

Revised: **2002** Type: **fact sheet** # of Pages: **1, 2-sided** Price: **free** Limit: **100**

DOH #:
Pub 347-006

Genital Herpes

Provides basic information concerning genital herpes, symptoms, and complications, etc. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=258.

Languages: English, Spanish

Revised: **1990** Type: **brochure** # of Pages: **8** Price: **free** Limit: **none**

Reproductive Health

DOH #:
Pub 347-030

Genital Warts: Answers to your Questions

Provides basic information about genital warts, symptoms, complications and treatment. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=257.

Languages: English, Spanish

Revised: **2004** Type: **brochure** # of Pages: **7** Price: **free** Limit: **none**

DOH #:
Pub 347-331

Got Lucky? Got Anything Else? Get tested for Chlamydia

Answers what is Chlamydia and why it is important to get tested, because there are no symptoms. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=259.

Languages: English

Revised: **2002** Type: **brochure** # of Pages: **2** Price: **free** Limit: **none**

DOH #:
Pub ETR-Child

HIV - Talking With Your Child

Brochure for the general public. Describes basic mechanics of how to talk to children at different developmental ages about HIV/AIDS. If you wish to order more than 50 brochures, please contact ETR directly at 1-800-321-4407.

Languages: English

Revised: Type: **brochure** # of Pages: **2-sided** Price: **free** Limit: **50**

DOH #:
410-ETR-Teen

HIV - Talking With Your Teen

Intended for the general public. Describes the basic mechanics of how to talk to your teen about HIV/AIDS and transmission issues. If you wish to order more than 50 brochures, please contact ETR directly at 1-800-321-4407.

Languages: English

Revised: Type: **brochure** # of Pages: **2-sided** Price: **free** Limit: **50**

DOH #:
Pub 930-106

Just Had Sex? Afraid of Pregnancy?

Tri-fold wallet card that explains what emergency contraception is, its use, mechanism, and side effects. For use by hospitals in Washington state only. Not for clinic use.

Languages: English

Revised: **2000** Type: **card** # of Pages: **1, 2-sided** Price: **free** Limit: **100**

Reproductive Health

DOH #:
Pub 347-345Ex

KNOW HIV/STD Prevention Curriculum

STD curriculum for schools, includes abstinence in the context of comprehensive STD education.

Languages: English

Revised: **2004**

Type: **reprint**

of Pages: **209**

Price: **free**

Limit: **none**

DOH #:
Pub 347-032

Many Teens Are Saying No

Reinforces sexual abstinence. Appropriate for teenage audience. Available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=250.

Languages: English, Spanish

Revised: **1989**

Type: **brochure**

of Pages: **6**

Price: **free**

Limit: **none**

DOH #:
Pub 961-144

Nine Months to Get Ready

A month-to-month description of fetal development, changes to the pregnant woman's body and how to have a healthy pregnancy. Nutrition, examinations, common problems, weight gain, breast feeding, exercises, sex during pregnancy, and postpartum issues. Free to WIC/CFH contractors only. Others may purchase for \$2.10 each.

Languages: English, Spanish

Revised: **1997**

Type: **booklet**

of Pages: **38**

Price: **see above**

Limit: **250**

DOH #:
Pub 347-042SP

¡Qué Pesadilla! (What a Nightmare!)

Spanish language fotonovela about pregnancy and STDs.

Languages: Spanish

Revised: **1998**

Type: **fotonovela**

of Pages: **8**

Price: **free**

Limit: **none**

DOH #:
Pub 410-ETR-Safe

Safer Sex - Talking With Your Partner

Brochure describes how to talk to partners about safer sex and HIV transmission risks. If you wish to order more than 50 brochures, please contact ETR directly at 1-800-321-4407.

Languages: English

Revised:

Type: **brochure**

of Pages: **2-sided**

Price: **free**

Limit: **50**

Reproductive Health

DOH #:
Pub 347-334Ex

STD Checklist

Reminder list on STD asymptomatic infection for both general public and patient use.

Languages: English

Revised: **2004**

Type: **reprint**

of Pages: **1**

Price: **free**

Limit: **none**

DOH #:
Pub 347-341Ex

The Hazards of Early Sex - Seventeen Magazine

Reprint of an article on the avoidance of initiation of sex activity.

Languages: English

Revised: **1993**

Type: **reprint**

of Pages: **1**

Price: **free**

Limit: **none**

DOH #:
Pub 347-332Ex

Virginity - Seventeen Magazine

Reprint of an article with realistic information on refusal skills, letters from teens that reinforce abstinence.

Languages: English

Revised: **1994**

Type: **reprint**

of Pages: **4**

Price: **free**

Limit: **none**

Schools

DOH #:
Pub 341-EX

A Parent's Guide to Recognizing and Treating Depression in Your Child

20-page booklet. Describes what to look for, what a parent can do if a child has the warning signs, treatment options, why depression is sometimes missed in children, how to help your older child help a depressed friend, what a parent can do if a child talks about suicide, and resources for further help. Due to financial limitations, no out-of-state orders can be filled for this material. Available online on the Youth Suicide Prevention web site, at:

<http://www.yspp.org/publicAwareness/parents/ParentGuideToDepression.pdf>.

Languages: English

Revised: 2003

Type: **booklet**

of Pages: 20

Price: **free**

Limit: 150

DOH #:
Pub 130-012

Be a Germ Buster

Illustrates the proper way to wash one's hands. Plastic coated 8.5" x 11" poster. This is now printed with English on one side and Spanish on the other. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=217.

Languages: English, Spanish

Revised: 1999

Type: **poster**

of Pages: 1

Price: **free**

Limit: 250

DOH #:
Pub 348-013

Certificate of Immunization Status (CIS)

Parents are required to complete this certificate for school entry of their children.

Languages: English, Spanish

Revised: 1999

Type: **forms**

of Pages: 1, 2-sided

Price: **free**

Limit: **none**

DOH #:
Pub 348-CDC-
IMM-1

Childhood Immunization Schedule - Fact Sheet

Chart of immunization recommendations for children. 8.5 X 11 fact sheet 2-sided printed on heavy paper. Updated annually.

Languages: English

Revised: 2003

Type: **fact sheet**

of Pages: 1, 2-sided

Price: **free**

Limit: **none**

DOH #:
Pub 348-CDC-
IMM-2

Childhood Immunization Schedule - Poster

Large print, easy to read chart of immunization recommendations for children. Poster is printed on heavy paper and is 11" x 17". Updated annually. Replaces "Recommended Immunization Schedule for Children".

Languages: English

Revised: 2003

Type: **poster**

of Pages: 1

Price: **free**

Limit: **none**

Schools

DOH #:
Pub 347-004

Facts of Lice

This publication will be discontinued once supply is gone. Easy to read information on lice infestation - how it is transmitted and treated.

Languages: English

Revised: **1990** Type: **brochure** # of Pages: **2** Price: **free** Limit: **none**

DOH #:
Pub 130-033

Fight Lice!

Offers prevention and treatment alternatives, including non-chemical and commercial products. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=216.

Languages: English

Revised: **2000** Type: **brochure** # of Pages: **2** Price: **free** Limit: **200**

DOH #:
Pub 304-008

Games That Teach - Learning by Doing for Preschoolers with PKU

This booklet is a tool for care providers of young children with phenylketonuria (PKU) to help teach them about their disorder. It offers different games to teach children about their special diet and what foods are "yes foods". Each game offers an appropriate age, objective, method, and illustration.

Languages: English

Revised: **1987** Type: **booklet** # of Pages: **12** Price: **free** Limit: **2**

DOH #:
Pub 348-043

Immunization Manual for Schools, Preschools and Clinical Facilities

A manual detailing the policies and procedures for schools, preschools and child care facilities in implementing the Washington State Immunization regulations. An essential guide for all public and private schools, child care centers and local health jurisdictions. Also available at: <http://www.doh.wa.gov/cfh/immunize/schools.htm>.

Languages: English

Revised: **2002** Type: **manual** # of Pages: **86** Price: **free** Limit: **1**

DOH #:
Pub 348-029

Infectious Disease Control Guide for School Staff

A guide from the Office of Superintendent of Public Instruction for school/day care centers on the diagnosis and control of infectious diseases of children. Included are: common cold, lice, chicken pox and others. Useful for school nurses and secretaries, child care center directors/operators. Available online at: <http://www.doh.wa.gov/cfh/immunize/schools.htm>.

Languages: English

Revised: **2004** Type: **manual** # of Pages: **182** Price: **free** Limit: **3**

Schools

DOH #:
Pub 347-345Ex

KNOW HIV/STD Prevention Curriculum

STD curriculum for schools, includes abstinence in the context of comprehensive STD education.

Languages: English

Revised: **2004**

Type: **reprint**

of Pages: **209**

Price: **free**

Limit: **none**

DOH #:
Pub 331-255

Lead in School Drinking Water

A fact sheet which discusses why lead is a concern for schools, how lead gets into drinking water, and what can be done about it. Available online at:

http://www.doh.wa.gov/ehp/dw/fact_sheets/lead_in_school_drinking_water.htm.

Languages: English

Revised: **2004**

Type: **fact sheet**

of Pages: **2**

Price: **free**

Limit: **50**

DOH #:
Pub 347-032

Many Teens Are Saying No

Reinforces sexual abstinence. Appropriate for teenage audience. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=250.

Languages: English, Spanish

Revised: **1989**

Type: **brochure**

of Pages: **6**

Price: **free**

Limit: **none**

DOH #:
Pub 348-053

Minimum Vaccines Required for Daycares/Preschools – Fact Sheet

Size: 8.5 x 11, listing the immunization requirements by age for children attending childcare facilities and preschool. Updated annually.

Languages: English

Revised: **2004**

Type: **fact sheet**

of Pages: **1, 2-sided**

Price: **free**

Limit: **none**

DOH #:
Pub 348-051

Minimum Vaccines Required for School Attendance – Fact Sheet

Size: 8.5 x 11, listing the immunization requirements by age for children attending public school. Updated annually.

Languages: English

Revised: **2004**

Type: **fact sheet**

of Pages: **1, 2-sided**

Price: **free**

Limit: **none**

Schools

DOH #:
Pub 348-026

Minimum Vaccines Required for Preschool & Child Care Facility Attendance - Poster

A poster (11x17) listing the immunization requirements by age for children attending child care facilities or preschool. Updated annually. Also available as a 8.5" x 11" handout sheet.

Languages: English

Revised: **2004** Type: **poster** # of Pages: **1** Price: **free** Limit: **none**

DOH #:
Pub 348-027

Minimum Vaccines Required for School Attendance - Poster

A poster (11x17) listing immunization requirements by age for children attending public school. Updated annually.

Languages: English

Revised: **2004** Type: **poster** # of Pages: **1** Price: **free** Limit: **none**

DOH #:
Pub 347-012

Scabies

Information on scabies infestation in layman's terms - how it is transmitted and treated. Available online at: http://www3.doh.wa.gov/here/materials/HERE_CRAListing.aspx?ID=96&Cnt=9&NAME=STD

Languages: English, Spanish

Revised: **1995** Type: **brochure** # of Pages: **1** Price: **free** Limit: **none**

DOH #:
Pub 130-021

Sickness and Injuries at School

A colorful flip chart which provides quick, safe and effective methods to deal with illness and injuries at school. Top sheet provides space for emergency telephone numbers. For schools and day cares only. It may be purchased in bundles of ten from the Washington Dept. of Printing by going to their online store at: <http://www.prt.wa.gov/> choose "shopping," then "General Store," then log in (this doesn't commit you to a purchase), then choose "Dept. of Health", then "Sickness & Injuries at School." Also available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=228.

Languages: English

Revised: **2001** Type: **flip chart** # of Pages: **32** Price: **free** Limit: **1 per school building**

DOH #:
Pub 331-261

Testing for Lead in School Drinking Water Systems

Brochure explains how to collect a drinking water sample to test for lead in school and non-residential building water distribution systems. Available online at: http://www.doh.wa.gov/ehp/dw/Publications/331-261_testing_for_lead_in_school_drinking_water_systems.htm.

Languages: English

Revised: **2004** Type: **brochure** # of Pages: **2** Price: **free** Limit: **50**

Schools

DOH #:
Pub 347-007

Viral Hepatitis

Discusses transmission, risks and prevention of hepatitis A, B & C. Also available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=252.

Languages: English, Spanish

Revised: **1998** Type: **brochure** # of Pages: **4** Price: **free** Limit: **N/A**

DOH #:
Pub 347-332Ex

Virginity - Seventeen Magazine

Reprint of an article with realistic information on refusal skills, letters from teens that reinforce abstinence.

Languages: English

Revised: **1994** Type: **reprint** # of Pages: **4** Price: **free** Limit: **none**

DOH #:
Pub 345-195Ex

What Every Teacher Should Know about Preventing Youth Suicide

This brochure is an easy-to-understand guide for teachers and other school personnel to help prevent youth suicide. It provides information on warning signs, talking with families, and what the role of the teacher can be in this critical time of an adolescent's life. Due to financial limitations, no out-of-state orders can be filled for this material.

Languages: English

Revised: **2001** Type: **brochure** # of Pages: **2** Price: **free** Limit: **200**

DOH #:
Pub 347-040

What Parents Need to Know About Hepatitis B

Discusses hepatitis B and the hepatitis B vaccine requirements for children born after September 1, 1991 in school, preschool and childcare. No longer available in paper form. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=293.

Languages: English

Revised: **1999** Type: **brochure** # of Pages: **6** Price: **free** Limit: **none**

DOH #:
Pub 910-117

what's up? - Information for Adults Who Care About Teens – Adolescent Nutrition

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=331. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: **2003** Type: **fact sheet** # of Pages: **1, 2-sided** Price: **see above** Limit: **see above**

Schools

DOH #:
Pub 910-118

what's up? - Information for Adults Who Care About Teens – Adolescent Physical Activity

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=338. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-121

what's up? - Information for Adults Who Care About Teens - Depression and Suicide

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=341. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-120

what's up? - Information for Adults Who Care About Teens - Drug and Alcohol Use

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=340. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-116

what's up? - Information for Adults Who Care About Teens - Eating Disorders

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=337. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

Schools

DOH #:
Pub 910-126

what's up? - Information for Adults Who Care About Teens - Emotional Development

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=346. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003 Type: fact sheet # of Pages: 1, 2-sided Price: see above Limit: see above

DOH #:
Pub 910-123

what's up? - Information for Adults Who Care About Teens - Intentional Injuries

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=342. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003 Type: fact sheet # of Pages: 1, 2-sided Price: see above Limit: see above

DOH #:
Pub 910-124

what's up? - Information for Adults Who Care About Teens - Physical Growth and Development

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=344. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003 Type: fact sheet # of Pages: 1, 2-sided Price: see above Limit: see above

DOH #:
Pub 910-113

what's up? - Information for Adults Who Care About Teens - Sexually Transmitted Infections

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=334. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003 Type: fact sheet # of Pages: 1, 2-sided Price: see above Limit: see above

Schools

DOH #:
Pub 910-112

what's up? - Information for Adults Who Care About Teens - Sexual Orientation

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=333. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-131

what's up? - Information for Adults Who Care About Teens - Special Needs and Disabilities

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=354. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-125

what's up? - Information for Adults Who Care About Teens - Talking With & Listening to Teens

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=345. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-115

what's up? - Information for Adults Who Care About Teens – Teenage Sexual Behavior

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=336. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

Schools

DOH #:
Pub 910- 119

what's up? - Information for Adults Who Care About Teens – Teen Tobacco Use

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=339. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-114

what's up? - Information for Adults Who Care About Teens - Unintended Pregnancy

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=335. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

DOH #:
Pub 910-122

what's up? - Information for Adults Who Care About Teens - Unintentional Injuries

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:** http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=343. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 1, 2-sided

Price: see above

Limit: see above

Shellfish

DOH #:
Pub 334-067

Point Wells Oil Spill Fact Sheet Health Questions and Answers

This fact sheet answers some frequently asked health questions about the Point Wells Oil Spill. You can request a paper copy by calling the Office of Environmental Health Assessments, at 1-877-485-7316. Available online at:

http://www.doh.wa.gov/ehp/oehas/fact%20sheets%20pdf/point_wells_qa_040422final.pdf.

Languages: English

Revised: **2004**

Type: **fact sheet**

of Pages: **2**

Price: **free**

Limit: **100**

DOH #:
Pub 332-008

Red Tide Marine Biotoxin Hotline

Describes paralytic shellfish poison risks. Gives hotline number. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=369.

Languages: English

Revised: **2000**

Type: **brochure**

of Pages: **1, 2-sided**

Price: **free**

Limit: **250**

STD

DOH #:
Pub 347-005

About Chlamydia

Describes symptoms, treatment, and prevention of Chlamydia trachomatis. Also available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=253.

Languages: English, Spanish

Revised: 1991

Type: **brochure**

of Pages: 8

Price: **free**

Limit: **none**

DOH #:
Pub 348-013

¡Alarma!

Spanish language fotonovela with PID, Chlamydia, HIV, and asymptomatic infection.

Languages: Spanish

Revised: 1996

Type: **fotonovela**

of Pages: 8

Price: **free**

Limit: **none**

DOH #:
Pub 347-043SP

¡Ay! No Es Cierto! ("This can't be Happening")

Fotonovela about STDs - Sexually Transmitted Diseases and Substance Abuse. Available in Spanish language only.

Languages: Spanish

Revised: 1998

Type: **fotonovela**

of Pages: 8

Price: **free**

Limit: **none**

DOH #:
Pub 347-344Ex

Beware of HPV (Men's Fitness)

Reprint article for males diagnosed with human papilloma virus.

Languages: English

Revised: 1989

Type: **reprint**

of Pages: 1

Price: **free**

Limit: **none**

DOH #:
Pub 347-231

Chlamydia (Men's Fitness)

Reprinted article for men diagnosed with chlamydia.

Languages: English

Revised: 1989

Type: **reprint**

of Pages: 1

Price: **free**

Limit: **none**

STD

DOH #:
Pub 347-347Ex

Chlamydia Poster

Color photo of pink flower with the slogan, "Chlamydia is not a flower". Poster size is 8.5" x 11".

Languages: English

Revised: **1990**

Type: **reprint**

of Pages: **1**

Price: **free**

Limit: **none**

DOH #:
Pub 347-343Ex

Chlamydia/PID Invisible STDs

Reprint article for teens - asymptomatic infection.

Languages: English

Revised:

Type: **reprint**

of Pages: **1**

Price: **free**

Limit: **none**

DOH #:
Pub 347-348Ex

Condoms (Essence Magazine)

Answers and questions on condom use. For patients diagnosed or at risk for being infected with an STD.

Languages: English

Revised: **1991**

Type: **reprint**

of Pages: **1**

Price: **free**

Limit: **none**

DOH #:
410-ETR-Cond

Condoms - Talking With Your Partner

Offers tips on how to negotiate the use of protection with your sex partner. If you wish to order more than 50 brochures, please contact ETR directly at 1-800-321-4407.

Languages: English

Revised:

Type: **brochure**

of Pages: **2-sided**

Price: **free**

Limit: **50**

DOH #:
347-342-EX

Dangerous Sex (Muscle and Fitness)

Information on herpes, human papilloma virus, cytomegalovirus and hepatitis for males diagnosed with STD.

Languages: English

Revised: **1990**

Type: **reprint**

of Pages: **1**

Price: **free**

Limit: **none**

STD

DOH #:
Pub 347-004

Facts of Lice

This publication will be discontinued once supply is gone. Easy to read information on lice infestation - how it is transmitted and treated.

Languages: English

Revised: **1990**

Type: **brochure**

of Pages: **2**

Price: **free**

Limit: **none**

DOH #:
Pub 347-006

Genital Herpes

Provides basic information concerning genital herpes, symptoms, and complications, etc. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=258.

Languages: English, Spanish

Revised: **1990**

Type: **brochure**

of Pages: **8**

Price: **free**

Limit: **none**

DOH #:
Pub 347-030

Genital Warts: Answers to your Questions

Provides basic information about genital warts, symptoms, complications and treatment. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=257.

Languages: English, Spanish

Revised: **2004**

Type: **brochure**

of Pages: **7**

Price: **free**

Limit: **none**

DOH #:
Pub 347-337Ex

Genital Warts (Seventeen Magazine)

Questions and answers about genital warts.

Languages: English

Revised: **1992**

Type: **reprint**

of Pages: **1**

Price: **free**

Limit: **none**

DOH #:
Pub 347-331

Got Lucky? Got Anything Else? Get tested for Chlamydia

Answers what is Chlamydia and why it is important to get tested, because there are no symptoms. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=259.

Languages: English

Revised: **2002**

Type: **brochure**

of Pages: **2**

Price: **free**

Limit: **none**

STD

DOH #:
410-ETR-Child

HIV - Talking With Your Child

Brochure for the general public. Describes basic mechanics of how to talk to children at different developmental ages about HIV/AIDS. If you wish to order more than 50 brochures, please contact ETR directly at 1-800-321-4407.

Languages: English

Revised: Type: **brochure** # of Pages: **2-sided** Price: **free** Limit: **50**

DOH #:
410-ETR-Teen

HIV - Talking With Your Teen

Intended for the general public. Describes the basic mechanics of how to talk to your teen about HIV/AIDS and transmission issues. If you wish to order more than 50 brochures, please contact ETR directly at 1-800-321-4407.

Languages: English

Revised: Type: **brochure** # of Pages: **2-sided** Price: **free** Limit: **50**

DOH #:
Pub 347-345-Ex

KNOW HIV/STD Prevention Curriculum

STD curriculum for schools, includes abstinence in the context of comprehensive STD education.

Languages: English

Revised: **2004** Type: **reprint** # of Pages: **209** Price: **free** Limit: **none**

DOH #:
Pub 347-045SP

La Loteria del Destino

This eight-page Spanish language fotonovela is for the general public. It addresses genital warts as a sexually transmitted disease.

Languages: Spanish

Revised: Type: **fotonovela** # of Pages: **8** Price: **free** Limit: **none**

DOH #:
Pub 347-034SP

La Verguenza - Herpes Fotonovela

Spanish language fotonovela with a herpes theme.

Languages: Spanish

Revised: **1996** Type: **fotonovela** # of Pages: **8** Price: **free** Limit: **none**

STD

DOH #:
Pub 347-032

Many Teens Are Saying No

Reinforces sexual abstinence. Appropriate for teenage audience. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=250.

Languages: English, Spanish

Revised: **1989** Type: **brochure** # of Pages: **6** Price: **free** Limit: **none**

DOH #:
Pub 347-042SP

¡Qué Pesadilla! (What a Nightmare!)

Spanish language fotonovela about pregnancy and STDs.

Languages: Spanish

Revised: **1998** Type: **fotonovela** # of Pages: **8** Price: **free** Limit: **none**

DOH #:
Pub 347-Man

Reprint: A Man's Guide to STD

Intended for clinicians only. Not for the general public. Reprinted with permission of Men's Journal. Describes the current number of cases, transmission risk, symptoms and outcomes, and current medical thinking on seven common forms of STD.

Languages: English

Revised: **2003** Type: **reprint** # of Pages: **1** Price: **free** Limit: **none**

DOH #:
410-ETR-Safe

Safer Sex - Talking With Your Partner

Brochure describes how to talk to partners about safer sex and HIV transmission risks. If you wish to order more than 50 brochures, please contact ETR directly at 1-800-321-4407.

Languages: English

Revised: Type: **brochure** # of Pages: **2-sided** Price: **free** Limit: **50**

DOH #:
Pub 347-012

Scabies/Sarna

Information on scabies infestation in layman's terms - how it is transmitted and treated. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=255.

Languages: English, Spanish

Revised: **1995** Type: **brochure** # of Pages: **1** Price: **free** Limit: **none**

STD

DOH #:
Pub 347-339Ex

Sex While Intoxicated - Seventeen Magazine

Reprint of an article intended for use by clinicians who treat or counsel teens at high risk for STD.

Languages: English

Revised: **1991**

Type: **reprint**

of Pages: **1**

Price: **free**

Limit: **none**

DOH #:
Pub 347-033SP

Sin Sintomas (Without Symptoms)

A Spanish language fotonovela with a Chlamydia theme. Only available in Spanish.

Languages: Spanish

Revised: **1992**

Type: **fotonovela**

of Pages: **4**

Price: **free**

Limit: **none**

DOH #:
Pub 347-334Ex

STD Checklist

Reminder list on STD asymptomatic infection for both general public and patient use.

Languages: English

Revised: **2004**

Type: **reprint**

of Pages: **1**

Price: **free**

Limit: **none**

DOH #:
Pub 347-346Ex

STD Update - Seventeen Magazine

Reprint of an article with questions and answers about STDs.

Languages: English

Revised: **1992**

Type: **reprint**

of Pages: **1**

Price: **free**

Limit: **none**

DOH #:
Pub 347-031SP

Suenos y Realidades

A Spanish language fotonovela with a syphilis theme.

Languages: Spanish

Revised: **1991**

Type: **fotonovela**

of Pages: **8**

Price: **free**

Limit: **none**

DOH #:
Pub 347-341-Ex

The Hazards of Early Sex - Seventeen Magazine

Reprint of an article on the avoidance of initiation of sex activity.

Languages: English

Revised: **1993** Type: **reprint** # of Pages: **1** Price: **free** Limit: **none**

DOH #:
Pub 347-007

Viral Hepatitis

Discusses transmission, risks and prevention of hepatitis A, B & C. Also available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=252.

Languages: English, Spanish

Revised: **1998** Type: **brochure** # of Pages: **4** Price: **free** Limit: **n/a**

DOH #:
Pub 347-332Ex

Virginity - Seventeen Magazine

Reprint of an article with realistic information on refusal skills, letters from teens that reinforce abstinence.

Languages: English

Revised: **1994** Type: **reprint** # of Pages: **4** Price: **free** Limit: **none**

DOH #:
Pub 348-046

What Asians and Pacific Islanders Need to Know About Hepatitis B

Discusses hepatitis B, its transmission, the need for Asians and Pacific Islanders to get tested for hepatitis B, and reasons to get the hepatitis B vaccine series if they are susceptible. Available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=277.

Languages: Cambodian, Chinese, English, Korean, Laotian, Samoan, Tagalog, Vietnamese

Revised: **1998** Type: **brochure** # of Pages: **1, 2-sided** Price: **free** Limit: **none**

DOH #:
Pub 910-113

what's up? - Information for Adults Who Care About Teens - Sexually Transmitted Infections

This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. **They are available online at:**
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=334. **Order printed copies directly from the Washington Department of Printing website at:** www.prt.wa.gov. Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health."

Languages: English

Revised: **2003** Type: **fact sheet** # of Pages: **1, 2-sided** Price: **see above** Limit: **see above**

Tobacco

Tobacco Prevention and Control Program materials:

There are many educational materials on tobacco prevention and control that you can order. Each month new materials are added to the available collection, so please contact the Washington Department of Health Tobacco Prevention and Control Program to obtain their latest publications order list. It is best to send your request by email to the Tobacco and Control Program.

The Tobacco Prevention and Control Program's email is: tobacco.clearing@doh.wa.gov. You can also phone them at 360-236-3966.

DOH #: Pub 130-022	No Smoking Poster 8.5" x11" international no smoking symbol on cardstock. Red and black ink on white. Available online only at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=206 . Languages: English Revised: 1999 Type: poster # of Pages: 1 Price: Limit:
DOH #: Pub 130-010	No Smoking Stickers 3" x 3.75" international no smoking symbol on white vinyl with red and black ink. Available only online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=209 . Languages: English Revised: 1994 Type: sticker # of Pages: 1 Price: Limit:
DOH #: Pub 130-025	Steps to Help You Quit Smoking: How Other Moms Have Quit Developed for women thinking about pregnancy or currently pregnant. An easy-to-read booklet with culturally appropriate illustrations. This self-help guide contains practical tips, a quit smoking plan and a quit day checklist. They are also available for viewing and printing online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=210 . Languages: English Revised: 1999 Type: booklet # of Pages: 14 Price: free Limit: 100
DOH #: Pub 910- 119	what's up? - Information for Adults Who Care About Teens – Teen Tobacco Use This full color fact sheet is part of a series of 16 fact sheets for adults who are interested or concerned about teen issues, such as parents, providers, and policy makers. The first 100 fact sheets are free. There is a small charge for additional fact sheets. They are available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=339 . Order printed copies directly from the Washington Department of Printing website at: www.prt.wa.gov . Choose "General Store" and register. Choose "Shop by Agency" and "Department of Health," and finally "MCH - Child and Adolescent Health." Languages: English Revised: 2003 Type: fact sheet # of Pages: 1, 2-sided Price: see above Limit: see above

Tuberculosis

DOH #:
Pub USPHS 00-5763

Core Curriculum on Tuberculosis

A basic course in tuberculosis for the health care professional. From the Division of Tuberculosis Control, Center for Prevention Services, Centers for Disease Control. To order call 360-236-3443 or go online to: www.doh.wa.gov/cfh/tb/orderpublications.htm. Also available online at: <http://www.cdc.gov/nchstp/tb/pubs/corecurr/77-CoreCurriculumonTB.pdf>.

Languages: English

Revised: **2000**

Type: **book**

of Pages: **95**

Price: **free**

Limit: **1**

DOH #:
Pub CDC-5988

Improving Patient Adherence to TB Treatment

Centers for Disease Control (CDC) publication for professionals on measuring, predicting and improving compliance. To order call 360-236-3443, or order it online at:

www.doh.wa.gov/cfh/tb/orderpublications.htm.

Languages: English

Revised: **1994**

Type: **booklet**

of Pages: **55**

Price: **free**

Limit: **none**

DOH #:
Pub CDC-00-5457

Mantoux Tuberculin Skin Test Video

Produced by the Centers for Disease Control and Prevention (CDC) this 30-minute tape provides information about the TB skin test. To order call 360-236-3443 or order it online at:

www.doh.wa.gov/cfh/tb/orderpublications.htm.

Languages: English

Revised: **2003**

Type: **video**

of Pages: **NA**

Price: **free**

Limit: **1**

DOH #:
Pub 343-003

Pills To Prevent TB/Treatment for Latent TB Infection

Encourages taking the pills prescribed for TB. Explains why the pills need to be taken, things to watch for and ways to remember to take them as prescribed. To order call 360-236-3443 or order it online at:

www.doh.wa.gov/cfh/tb/orderpublications.htm. Available online in English at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=323.

Languages: Cambodian, English, Korean, Russian, Spanish, Vietnamese

Revised: **1997**

Type: **brochure**

of Pages: **1**

Price: **free**

Limit: **none**

DOH #:
Pub CDC 00-6469

Questions and Answers About TB

Provides answers to commonly asked questions about tuberculosis. To order call 360-236-3443 or order it online at: www.doh.wa.gov/cfh/tb/orderpublications.htm. Spanish is not available from the Dept. of Health, but it is available online on the CDC website, at:

<http://www.cdc.gov/nchstp/tb/faqs/pdfs/qa.pdf>.

Languages: English

Revised: **2002**

Type: **booklet**

of Pages: **16**

Price: **free**

Limit: **none**

Tuberculosis

DOH #:
Pub CDC 99-5497

TB Facts for Health Care Workers

This brochure briefly describes persons at risk for tuberculosis and prevention recommendations. Literature for the professional. To order call 360-236-3443 or order it online at: www.doh.wa.gov/cfh/tb/orderpublications.htm.

Languages: English

Revised: 1997

Type: **brochure**

of Pages: 14

Price: **free**

Limit: **none**

DOH #:
Pub 343-016

TB Facts: Exposure to TB

Pamphlet describing TB, exposure, infection, and the disease. To order call 360-236-3443, or order it online at: www.doh.wa.gov/cfh/tb/orderpublications.htm. View it online at: http://www.cdc.gov/nchstp/tb/pubs/tbfactsheets/exposure_eng.pdf.

Languages: English, Spanish

Revised: 1997

Type: **fact sheet**

of Pages: 1, 2-sided

Price: **free**

Limit: **none**

DOH #:
Pub 343-012

TB Facts: TB and HIV (The AIDS Virus)

Facts about tuberculosis and HIV. To order call 360-236-3443 or order it online at: www.doh.wa.gov/cfh/tb/orderpublications.htm. May be viewed online at: www.cdc.gov/nchstp/tb/pubs/tbfactsheets/tbandhiv_eng.pdf.

Languages: English

Revised: 1997

Type: **fact sheet**

of Pages: 1

Price: **free**

Limit: **none**

DOH #:
Pub 343-010

TB Facts: TB Can Be Cured

Fact sheet for prisoners about tuberculosis treatment. Provides information about TB disease and TB medications. To order call 360-236-3443 or order it online at: www.doh.wa.gov/cfh/tb/orderpublications.htm. May be viewed online at: www.cdc.gov/nchstp/tb/pubs/tbfactsheets/cure_eng.pdf.

Languages: English, Spanish

Revised: 1997

Type: **fact sheet**

of Pages: 1

Price: **free**

Limit: **none**

DOH #:
Pub 343-011

TB Facts: The TB Skin Test

Fact sheet about the TB skin test. To order call 360-236-3443 or order it online at: www.doh.wa.gov/cfh/tb/orderpublications.htm. May be viewed online at: www.cdc.gov/nchstp/tb/pubs/tbfactsheets/skintest_eng.pdf.

Languages: English, Spanish

Revised: 1997

Type: **fact sheet**

of Pages: 1

Price: **free**

Limit: **none**

Tuberculosis

DOH #:
Pub 343-013

TB Facts: You Can Prevent TB

Fact sheet about preventing the spread of TB. To order call 360-236-3443 or order it online at: www.doh.wa.gov/cfh/tb/orderpublications.htm. May be viewed online at: www.cdc.gov/nchstp/tb/pubs/tbfactsheets/prevention_eng.pdf.

Languages: English, Spanish

Revised: 1997

Type: **fact sheet**

of Pages: 1

Price: **free**

Limit: **none**

DOH #:
Pub CDC 00-5738

TB/HIV - The Connection - What Health Care Workers Should Know

Explains the risk of HIV-related TB, tuberculin skin testing, and preventive therapy. To order call 360-236-3443 or order it online at: www.doh.wa.gov/cfh/tb/orderpublications.htm. The DOH publication number for the Spanish version is: Pub "CDC 00-5745 Span."

Languages: English, Spanish

Revised: 1997

Type: **brochure**

of Pages: 1

Price: **free**

Limit: **none**

DOH #:
Pub CDC 00-6186

Think TB

A poster for offices and clinics. Available in English and Spanish (Spanish USPHS# is 00-6406). To order call 360-236-343, or order it online at: www.doh.wa.gov/cfh/tb/orderpublications.htm.

Languages: English, Spanish

Revised: 1992

Type: **poster**

of Pages: 1

Price: **free**

Limit: **none**

DOH #:
Pub USPHS 00-5743

Tuberculosis - Get the Facts!

U.S. Department of Health and Human Services publication. Briefly describes tuberculosis, persons at risk and the tuberculin skin test. Available in English and Spanish (USPHS 00-5772). To order call 360-236-3443 or order it online at: www.doh.wa.gov/cfh/tb/orderpublications.htm. View or print it online at: www.cdc.gov/nchstp/tb/pubs/pamphlets/TBgtfctsEng.pdf.

Languages: English, Spanish

Revised: 1990

Type: **brochure**

of Pages: 5

Price: **free**

Limit: **none**

DOH #:
Pub 343-001

Tuberculosis Skin Testing - Facility Record Card

A card for recording employee skin testing information. It has a small tear-off portion for the employee. To order call 360-236-3443 or order it online at: www.doh.wa.gov/cfh/tb/orderpublications.htm. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=322.

Languages: English

Revised: 2000

Type: **card**

of Pages: 1

Price: **free**

Limit: **none**

Water Quality

DOH #:
Pub 331-167

Arsenic in Drinking Water, Questions and Answers

Information for the general public about arsenic: the sources, health effects, federal drinking water standard, where arsenic occurs in Washington state, and how it gets into drinking water. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=376

Languages: English

Revised: 2002

Type: fact sheet

of Pages: 1, 2-sided

Price: free

Limit: 250

DOH #:
Pub 333-057

Arsenic in the Environment

8-page fact sheet that provides information about arsenic in the environment, how it can affect a person's health, and ways to reduce the likelihood of health problems by reducing personal exposure to environmental arsenic. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=375. Or you may order it directly from the Office of Environmental Health Assessments, by contacting Lorraine Edwards at 1-877-485-7316.

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 8

Price: free

Limit: none

DOH #:
Pub 331-253

Chlorination of Drinking Water

Fact sheet describes the reasons water systems chlorinate drinking water on a continuous basis, the history of chlorination, and the effects of chlorination on human health. Available online at:

http://www.doh.wa.gov/ehp/dw/Publications/chlorination_of_drinking_water.htm.

Languages: English

Revised: 2004

Type: fact sheet

of Pages: 2

Price: free

Limit: 50

DOH #:
Pub 331-181

Coliform Bacteria and Drinking Water

A 2-page fact sheet for consumers on the nature of coliform and what can be done about it. Available online at: <http://www.doh.wa.gov/ehp/dw/Programs/coliform.htm>.

Languages: English

Revised: 2004

Type: fact sheet

of Pages: 2

Price: free

Limit: 50

DOH #:
Pub 331-209

Consumer Confidence Reports

Explains what is included in consumer confidence reports that are issued each year by water systems. People will know what contaminants, if any, are in their water and how the contaminants may affect their health. Describes how the report also tells where their drinking water comes from so they can take steps to protect or improve their water. Available online at:

http://www.doh.wa.gov/ehp/dw/fact_sheets/CCR.htm.

Languages: English

Revised: 2003

Type: fact sheet

of Pages: 2

Price: Free

Limit: 50

Water Quality

DOH #:
**Pub EPA 816-K-
02-003**

Drinking Water from Household Wells

An Environmental Protection Agency booklet. Written for well owners about ground water contamination and taking care of wells. Available online at:
<http://www.epa.gov/safewater/privatewells/booklet/>.

Languages: English

Revised: **2002** Type: **booklet** # of Pages: **19** Price: **free** Limit: **50**

DOH #:
Pub 331-177

Lead in Drinking Water

A fact sheet that tells the sources of lead, the health effects of lead, lead standards, regulations, and what can be done about it. Available online at: <http://www.doh.wa.gov/ehp/dw/Programs/lead.htm>.

Languages: English

Revised: **2002** Type: **fact sheet** # of Pages: **2** Price: **free** Limit: **50**

DOH #:
Pub 331-255

Lead in School Drinking Water

A fact sheet which discusses why lead is a concern for schools, how lead gets into drinking water, and what can be done about it. Available online at:
http://www.doh.wa.gov/ehp/dw/fact_sheets/lead_in_school_drinking_water.htm.

Languages: English

Revised: **2004** Type: **fact sheet** # of Pages: **2** Price: **free** Limit: **50**

DOH #:
Pub 331-214

Nitrate in Drinking Water Fact Sheet

Information for the general public. Describes where nitrate comes from, health effects of nitrate, the regulations and preventive measures for nitrate. Available online at:
http://www.doh.wa.gov/ehp/dw/Publications/nitrate_english_spanish.htm.

Languages: English, Spanish

Revised: **2003** Type: **fact sheet** # of Pages: **1** Price: **free** Limit: **50**

DOH #:
Pub 331-130

Nitrates in Drinking Water

A position paper intended to increase local health officials' understanding of nitrate contaminants in water, and the health effects. Available in English online at:
http://www.doh.wa.gov/ehp/dw/fact_sheets/npp.htm.

Languages: English, Spanish

Revised: **1997** Type: **fact sheet** # of Pages: **1** Price: **free** Limit: **50**

Water Quality

DOH #:
Pub 334-067

Point Wells Oil Spill Fact Sheet Health Questions and Answers

This fact sheet answers some frequently asked health questions about the Point Wells Oil Spill. You can request a paper copy by calling the Office of Environmental Health Assessments, at 1-877-485-7316. Available online at:

http://www.doh.wa.gov/ehp/oehas/fact%20sheets%20pdf/point_wells_qa_040422final.pdf.

Languages: English

Revised: **2004**

Type: **fact sheet**

of Pages: **2**

Price: **free**

Limit: **100**

DOH #:
Pub 333-050

Prevent Mercury Spills

Gives tips on handling mercury spills, and ways to dispose of mercury waste responsibly. Available online at: <http://www.ecy.wa.gov/pubs/0203048.pdf>.

Languages: English

Revised: **2002**

Type: **brochure**

of Pages: **4**

Price: **free**

Limit: **50**

DOH #:
Pub 331-179

Public Health Advisory: Coliform

A 2-page question and answer fact sheet for use in informing water system customers of things they can do to protect their health when water may be contaminated with coliform bacteria. Available online at: http://www.doh.wa.gov/ehp/dw/fact_sheets/331-179_9-19-02_Health_Advisory-Coli_QA_with_graphics.pdf.

Languages: English

Revised: **2002**

Type: **fact sheet**

of Pages: **1**

Price: **free**

Limit: **None**

DOH #:
Pub 331-004

Safe Drinking Water

Booklet describes water issues, including federal and state laws, water sources and source development, water quality, standards and testing, microbiological and chemical characteristics, and water system operation and treatment. Designed to educate consumers about public drinking water. Available online at: http://www.doh.wa.gov/ehp/dw/Publications/doh_safe_drinking_final_2_12_04.pdf.

Languages: English

Revised: **2004**

Type: **booklet**

of Pages: **36**

Price: **free**

Limit: **50**

DOH #:
Pub 331-261

Testing for Lead in School Drinking Water Systems

Brochure explains how to collect a drinking water sample to test for lead in school and non-residential building water distribution systems. Available online at:

http://www.doh.wa.gov/ehp/dw/Publications/331-261_testing_for_lead_in_school_drinking_water_systems.htm.

Languages: English

Revised: **2004**

Type: **brochure**

of Pages: **2**

Price: **free**

Limit: **50**

Water Quality

DOH #:
Pub 331-115

Treatment of Drinking Water for Emergency Use

Information on treating and storing water during emergencies. Available online at:
http://www.doh.wa.gov/ehp/dw/Publications/DOH_Emer_Water_102802.pdf.

Languages: English

Revised: 2001

Type: brochure

of Pages: 1

Price: free

Limit: 50

DOH #:
Pub 331-206

Types of Coliform Violations for Group A Public Water Systems

Describes what coliform is, general coliform testing, and the various types of standard violations that result from detection of coliform bacteria in drinking water samples. Available online at:
http://www.doh.wa.gov/ehp/dw/Publications/331-206_2-18-03_Types_of_Coliform_Violations_for_Group_A.pdf.

Languages: English

Revised: 2003

Type: brochure

of Pages: 4

Price: free

Limit: 50

DOH #:
Pub 331-120

Water Saving Guidelines

Guidelines 1-8 on various water saving techniques: Indoor Water Conservation, Outdoor Water Conservation, Lawn Watering Guide, Indoor Water Audit, Meter Reading & Leak Repair, Soil Preparation & Planning, Irrigation & Landscaping, Salmon Recovery. Available online at:
http://www.doh.wa.gov/ehp/dw/Publications/water_saving_guidelines.htm.

Languages: English

Revised: 2000

Type: brochure

of Pages: 9

Price: free

Limit: 50

DOH #:
Pub 331-262

Water Sampling: What We Test for and Why

Booklet covers contaminants that are regulated in Washington state, and tips on what to do if your test indicates a water quality problem. Available online at:
http://www.doh.wa.gov/ehp/dw/Publications/water_sampling.htm.

Languages: English

Revised: 2004

Type: booklet

of Pages: 43

Price: free

Limit: 50

Women's Health

DOH #:
130-050**9 Steps to Healthy Aging**

This material is no longer in print. For more information, visit the Healthy Aging web site:
<http://www.doh.wa.gov/cfh/ohp/HealthyAging/stepstohealthyaging.htm>.

Languages: English, Spanish

Revised: **2004**

Type: **poster**

of Pages: **1**

Price:

Limit:

DOH #:
348-063**Adult Immunizations: Your Best Shot at Good Health**

Explains the need for immunization for adults against certain diseases. Available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=288.

Languages: English

Revised: **1999**

Type: **brochure**

of Pages: **2**

Price: **free**

Limit: **none**

DOH #:
Pub 930-102**Before You Get Pregnant: Planning is the Key**

9x14 brochure. Lists how to avoid the risks of birth defects and pregnancy problems before and during pregnancy. Call 360-236-3552 for price. Available online at:
http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=349.

Languages: English, Spanish

Revised: **2000**

Type: **brochure**

of Pages: **1**

Price: **free**

Limit: **100**

DOH #:
Pub 930-101**Birth Control - Choosing the Method That's Right for You**

Discusses all medically approved birth control methods including emergency contraception and four new methods.

Languages: English, Spanish

Revised: **2002**

Type: **brochure**

of Pages: **18**

Price: **free**

Limit: **500**

DOH #:
Pub 341-006**Check For Safety: A Home Fall Prevention Checklist for Older Adults**

Targeted to older adults. Lists a checklist of hazards found in each room of a home. For each hazard there are clear options for how to fix the problem. Also includes other tips for preventing falls. The text is easy to read with large print, and in a question and answer format.

Languages: English

Revised: **2001**

Type: **booklet**

of Pages: **12**

Price: **free**

Limit: **200**

Women's Health

DOH #:
Pub 345-173

Colorectal Cancer in Washington State: Stories of Survival

Describes true case stories of how early colon screening saved the lives of Washington residents with colon cancer. Gives recommendations regarding how and when to test for colon cancer. Concludes with resources for further information. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=256.

Languages: English

Revised: 2002

Type: **brochure**

of Pages: 1, 2-sided

Price: **free**

Limit: 200

DOH #:
Pub 930-PATH-1

Emergency Contraception Wallet Card

Full color wallet card with questions and answers regarding emergency contraception. Provides a 1-888 number for a list of providers and a web address for more information. Available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=231.

Languages: Chinese, Russian, Spanish, Vietnamese

Revised: 2000

Type: **wallet card**

of Pages: 1, 2-sided

Price: **free**

Limit: 200

DOH #:
Pub 930-105

Family Planning and Reproductive Health, Title X and Family Planning

A fact sheet for family planning clinics to distribute selectively to their clients. It is written in a Q and A format: What is Title X? What services does Title X provide? This fact sheet will not be reprinted once the current supply is out of stock.

Languages: English

Revised: 2002

Type: **fact sheet**

of Pages: 1, 2-sided

Price: **free**

Limit: 100

DOH #:
Pub 961-202

Fish Facts For Good Health

Encourages eating fish as part of a healthy diet, and warns about mercury levels in some fish, including tuna. Gives guidelines for choosing fish that is low in mercury. Free to WIC contractors. Others may purchase for \$0.08 each. Also available online at:

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=287.

Languages: Arabic, Cambodian, Chinese, English, Korean, Russian, Somali, Spanish, Vietnamese

Revised: 2002

Type: **brochure**

of Pages: 4

Price: **see above**

Limit: **none**

DOH #:
Pub 961-146

Gestational Diabetes

Provides general dietary guidelines for women with gestational diabetes. Free to WIC/CFH contractors only. Others may purchase for \$0.15 each.

Languages: English

Revised: 1992

Type: **brochure**

of Pages: 4

Price: **see above**

Limit: 250

Women's Health

DOH #:
Pub 345-CDC-2

Here Are Some Early Symptoms of Colorectal Cancer

18" x 24", 2-color. Describes how colorectal cancer begins without symptoms, how colorectal cancer is the second leading cancer killer in the U.S. Tells how regular screening tests for colorectal cancer can prevent colorectal cancer. Gives contact details for more information.

Languages: English

Revised: **2000**

Type: **poster**

of Pages: **1**

Price: **free**

Limit: **50**

DOH #:
Pub 961-182

How to Clean and Put Together your New Medela Lactina Double Breast Pump Kit

For use with the WIC-issued breast pump. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: Cambodian, Chinese, Russian, Vietnamese

Revised: **1999**

Type: **fact sheet**

of Pages: **1**

Price: **see above**

Limit: **150**

DOH #:
Pub 961-181

How to Clean and Put Together your New Medela Manual Breast Pump

For use with the WIC-issued breast pump. Free to WIC/CFH contractors only. Others may purchase for \$0.05 each.

Languages: Cambodian, Chinese, Russian, Vietnamese

Revised: **1999**

Type: **fact sheet**

of Pages: **1**

Price: **see above**

Limit: **150**

DOH #:
Pub 930-PATH-2

Key Facts about Emergency Contraception

Attractive fact sheet on emergency contraception with concise answers. Includes the phone number to call for a pharmacy nearby that can distribute emergency contraception. Available online at: http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=232.

Languages: English, Spanish

Revised: **1999**

Type: **fact sheet**

of Pages: **1**

Price: **free**

Limit: **200**

DOH #:
Pub Ex130-047

Osteoporosis - Can It Happen To You?

Questionnaire designed to help patients determine their risk for developing osteoporosis, as well as usual information about this bone-thinning disease. 3.5 x 9 inches, in color. Developed by the National Osteoporosis Foundation.

Languages: English

Revised: **1998**

Type: **handout**

of Pages: **1, 2-sided**

Price: **free**

Limit: **50**

Women's Health

DOH #:
Pub DCOW

Osteoporosis - What Do You Need to Know

Encourages women and men to take better care of their bones to prevent osteoporosis by eating calcium-rich foods and getting plenty of exercise.

Languages: English, Spanish

Revised: **2000**

Type: **brochure**

of Pages: **1**

Price:

Limit: **50**

DOH #:
Pub 345-CDC-1

The Good News (Medicare now helps pay for more cancer screening tests.)

18" x 21" full color poster. Describes how colorectal cancer screening tests can save lives, and how Medicare provides coverage for these screening tests. Depicts a smiling physician and a patient. Concludes with sources for more information.

Languages: English

Revised: **2001**

Type: **poster**

of Pages: **1**

Price: **free**

Limit: **50**

DOH #:
Pub 341-005

What You Can Do To Prevent Falls

Targeted towards older adults. A brief overview of things to do to reduce the risk of falls: including exercise, home safety tips, medication review, and regular vision exams. Printed with large font so it is easier to read.

Languages: English

Revised: **2001**

Type: **brochure**

of Pages: **2**

Price: **free**

Limit: **200**

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Thanks to our contributors:

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